

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Calcium, Ca (mg) ; Sodium, Na (mg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: September 20, 2016 06:40 EDT

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	1514	18
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	1404	16
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	1208	68
01040	Cheese, swiss	132.0	1.0 cup, diced	1175	247
01113	Whey, acid, dried	57.0	1.0 cup	1171	552
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	1167	475
01115	Whey, sweet, dried	145.0	1.0 cup	1154	1565
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	1109	1529
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	1086	840
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	1081	1918
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	1023	819
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	1000	180
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	1000	141
01035	Cheese, provolone	132.0	1.0 cup, diced	998	1156
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	998	812
01025	Cheese, monterey	132.0	1.0 cup, diced	985	792
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	965	21
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	958	2002
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	958	2505
01030	Cheese, muenster	132.0	1.0 cup, diced	946	829
01009	Cheese, cheddar	132.0	1.0 cup, diced	937	862
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	931	1031
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	928	28
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	920	879
01011	Cheese, colby	132.0	1.0 cup, diced	904	797
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	900	2130
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	898	1493
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	890	1899
01005	Cheese, brick	132.0	1.0 cup, diced	890	739

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36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	882	1437
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	877	1374
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	873	931
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	862	10
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	861	18
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	860	1281
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	859	814
01034	Cheese, port de salut	132.0	1.0 cup, diced	858	705
01032	Cheese, parmesan, grated	100.0	1.0 cup	853	1804
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	837	373
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	837	373
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	55.0	1.0 bar	822	183
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	818	2109
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	814	831
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	808	2290
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	801	69
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	800	63
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	797	757
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	787	2275
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	776	307
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	771	1628
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	771	1451
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	766	1288
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	755	2298
01019	Cheese, feta	150.0	1.0 cup, crumbled	740	1376
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	732	1402
11432	Radishes, oriental, dried	116.0	1.0 cup	730	322
01020	Cheese, fontina	132.0	1.0 cup, diced	726	1056
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	709	496
19304	Molasses	337.0	1.0 cup	691	125
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	691	916
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	689	774

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01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	673	252
01024	Cheese, limburger	134.0	1.0 cup	666	1072
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	658	267
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	641	1754
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	632	1437
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	616	587
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	600	320
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	600	125
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	599	197
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	598	678
22985	KASHI, Lemongrass Coconut Chicken, Frozen Entree	283.0	1.0 package	580	682
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	569	457
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	566	702
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	549	1221
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	548	1152
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	55.0	1.0 bar	531	254
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	55.0	1.0 bar	524	230
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	516	186
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	515	4
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	512	1307
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	508	2242
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	508	2242
21270	TACO BELL, Taco Salad	533.0	1.0 item	506	1935
11450	Soybeans, green, raw	256.0	1.0 cup	504	38
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	504	128
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	500	190
19355	Syrups, sorghum	330.0	1.0 cup	495	26
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	493	1354
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	485	165
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	485	32
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	484	1341

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20025	Cornmeal, yellow, self-rising, degermed, enriched	138.0	1.0 cup	483	1860
20325	Cornmeal, white, self-rising, degermed, enriched	138.0	1.0 cup	483	1860
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	481	1583
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	475	201
01109	Milk, sheep, fluid	245.0	1.0 cup	473	108
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	470	188
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	1.0 regular (12 fl oz)	470	188
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	464	477
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	464	52
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	457	2
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	457	532
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	457	225
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	451	170
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	451	151
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	240.0	1.0 cup	451	46
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	451	180
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	449	33
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	443	815
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	440	1521
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	440	1521
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	435	253
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	1.0 regular (12 fl oz)	435	253
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	434	9
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	433	1586
35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	428	4
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	425	185
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	424	91
43299	Soybean, curd cheese	225.0	1.0 cup	423	45
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	422	1491
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	421	2
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	415	211
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	412	127
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	405	1348
16242	SILK Plus for Bone Health, soymilk	243.0	1.0 cup	401	95

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14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	244.0	1.0 cup	400	120
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	400	120
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	399	191
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	399	2093
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	385	1322
12061	Nuts, almonds	143.0	1.0 cup, whole	385	1
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	384	212
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	380	468
16113	Natto	175.0	1.0 cup	380	12
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	379	187
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	377	160
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	377	160
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	375	961
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	375	133
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	372	26
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	370	4
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	370	687
19225	Desserts, rennin, tablets, unsweetened	9.9	1.0 package (0.35 oz)	370	2579
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	368	231
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	368	913
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	368	913
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	201.0	6.0 inch sub	368	892
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	368	892
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	367	139
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	366	10
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	364	5
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	363	1
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	359	20
16272	Vitasoy USA Nasoya, Lite Silken Tofu	91.0	0.2 package	359	72
16055	Carob flour	103.0	1.0 cup	358	36

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11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	357	85
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	357	486
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	356	1176
01094	Milk, buttermilk, dried	30.0	0.25 cup	355	155
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	352	145
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	352	145
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	351	1274
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	351	759
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	350	2
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	350	257
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	350	145
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	70.0	2.0 waffles	350	391
16245	SILK Very Vanilla, soymilk	243.0	1.0 cup	350	141
16241	SILK Plus Omega-3 DHA, soymilk	243.0	1.0 cup	350	119
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	349	143
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	349	5
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	349	5
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	348	150
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	348	2
20142	Teff, uncooked	193.0	1.0 cup	347	23
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	343	209
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	342	33
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	342	28
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	340	1010
16223	Soymilk (All flavors), enhanced	243.0	1.0 cup	340	122
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	339	363
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	338	131
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	337	123
01033	Cheese, parmesan, hard	28.35	1.0 oz	336	390
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	335	1519
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	335	1127
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	335	1127
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	334	216
22915	Lasagna with meat & sauce, low-fat, frozen entree	309.0	1.0 package	334	559
01057	Eggnog	254.0	1.0 cup	330	137

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05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	329	109
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	326	1430
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	326	191
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	325	24
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	325	1538
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	325	220
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	324	695
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	324	695
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	323	213
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	322	162
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	322	780
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	322	780
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	320	26
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	320	182
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	319	1613
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	318	1737
16076	Lupins, mature seeds, raw	180.0	1.0 cup	317	27
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	317	720
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	133.0	1.0 piece 4" x 6"	317	608
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	316	130
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	316	1616
06165	Sauce, homemade, white, thin	250.0	1.0 cup	315	820
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	315	32
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	315	2
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	314	127
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	314	127
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	313	91
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	312	139
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	312	139
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	312	625
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	312	625
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	311	1544

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01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	311	119
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	311	729
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	184.0	6.0 inch sub	311	583
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	311	583
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	311	729
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	311	524
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	311	524
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	310	209
43476	Tofu yogurt	262.0	1.0 cup	309	92
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	243.0	1.0 cup	309	160
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	309	148
20001	Amaranth grain, uncooked	193.0	1.0 cup	307	8
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	306	10
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	306	129
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	306	10
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	305	107
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	305	107
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	305	531
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	305	531
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	304	69
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	303	961
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	303	104
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	302	1712
01038	Cheese, romano	28.35	1.0 oz	302	406
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	301	90
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	301	149
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	30.0	0.75 cup (1 NLEA serving)	300	128
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	252.0	1.0 cup (1 serving)	300	600
16252	SILK Plain soy yogurt	227.0	1.0 container	300	30
16250	SILK Vanilla soy yogurt (family size)	227.0	1.0 container	300	30
16251	SILK Vanilla soy yogurt (single serving size)	170.0	1.0 container	299	20
16258	SILK Key Lime soy yogurt	170.0	1.0 container	299	26

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
16255	SILK Peach soy yogurt	170.0	1.0 container	299	26
16259	SILK Banana-Strawberry soy yogurt	170.0	1.0 container	299	26
16256	SILK Black Cherry soy yogurt	170.0	1.0 container	299	20
16253	SILK Strawberry soy yogurt	170.0	1.0 container	299	26
16257	SILK Blueberry soy yogurt	170.0	1.0 container	299	26
16254	SILK Raspberry soy yogurt	170.0	1.0 container	299	26
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	299	103
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	299	103
16235	SILK Plain, soymilk	243.0	1.0 cup	299	119
16248	SILK Mocha, soymilk	243.0	1.0 cup	299	100
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	299	117
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	243.0	1.0 cup	299	119
16239	SILK Light Vanilla, soymilk	243.0	1.0 cup	299	95
16236	SILK Vanilla, soymilk	243.0	1.0 cup	299	95
16249	SILK Coffee, soymilk	243.0	1.0 cup	299	100
31011	CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8	243.0	8.0 fl oz	299	481
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	299	112
16243	SILK Plus Fiber, soymilk	243.0	1.0 cup	299	95
16240	SILK Light Chocolate, soymilk	243.0	1.0 cup	299	100
16237	SILK Chocolate, soymilk	243.0	1.0 cup	299	100
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	299	153
16247	SILK Chai, soymilk	243.0	1.0 cup	299	100
16244	SILK Unsweetened, soymilk	243.0	1.0 cup	299	85
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	299	114
16238	SILK Light Plain, soymilk	243.0	1.0 cup	299	119
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	299	9
16119	Soy meal, defatted, raw	122.0	1.0 cup	298	4
21396	Fast foods, cheeseburger; double, large patty; with condiments	280.0	1.0 item	297	1344
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	280.0	1.0 item	297	1333
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	297	138
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	296	474
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	296	474
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	296	40
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	296	151

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	295	116
06166	Sauce, homemade, white, medium	250.0	1.0 cup	295	885
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	294	17
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	294	59
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	293	115
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	293	128
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	292	119
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	292	1061
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	292	1061
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	291	108
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	291	112
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	291	112
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	291	112
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	290	120
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	289	115
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	289	1422
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	289	1900
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	289	1019
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	287	110
01023	Cheese, gruyere	28.35	1.0 oz	287	202
21235	McDONALD'S, QUARTER POUNDER with Cheese	199.0	1.0 item 7.1 oz	287	1152
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	286	79
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	286	393
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	285	110
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	284	450
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	284	25
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	284	466
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	284	164
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	284	944
21145	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	155.0	1.0 slice 1/8 per pizza	284	620
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	283	547
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	283	94
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	282	139
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	282	139
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	282	257

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	280	3
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	280	1851
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	280	150
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	279	116
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	278	720
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	278	720
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	278	1062
06167	Sauce, homemade, white, thick	250.0	1.0 cup	278	932
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	277	904
21344	McDONALD'S, Double Cheeseburger	155.0	1.0 sandwich	276	1035
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	276	28
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	276	339
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	276	105
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	276	105
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	273	31
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	273	44
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	273	17
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	272	165
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	272	689
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	270	488
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	270	129
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	130.0	1.0 piece 4" x 6"	269	520
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	269	280
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	269	56
43405	Cheese, swiss, low sodium	28.0	1.0 slice	269	4
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	268	925
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	268	479
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	268	28
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	266	35
25010	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar	22.0	1.0 bar	266	57
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	266	3
25018	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar	22.0	1.0 bar	266	57
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	265	275
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	264	2

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	264	1088
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	263	44
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	261	243
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	261	25
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	261	450
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	260	159
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	259	1431
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	258	99
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	258	99
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	258	99
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	258	99
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	258	99
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	258	99
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	258	797
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	258	48
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	257	104
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	257	4
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	257	629
19326	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar	22.0	1.0 serving 0.78 oz bar	256	2
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	255	300
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	255	1688
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	254	1983
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	254	715
21237	McDONALD'S, BIG MAC	219.0	1.0 item 7.6 oz	254	1007
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	254	83
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	254	656
01156	Cheese, goat, hard type	28.35	1.0 oz	254	120
01112	Whey, acid, fluid	246.0	1.0 cup	253	118
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	253	15
16117	Soy flour, defatted	105.0	1.0 cup	253	21
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	253	154
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	251	133
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	251	713

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	251	118
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	251	8
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	250	1324
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	250	278
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	55.0	1.0 waffle	250	270
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	55.0	1.0 waffle	250	304
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	250	150
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	92.0	3.0 sets	250	482
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	250	133
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	250	480
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	250	280
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	284.0	1.0 entree	250	591
28009	KELLOGG'S, EGGO, Waffles, Blueberry	70.0	2.0 waffles	250	364
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	250	370
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	70.0	2.0 waffles	250	393
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	70.0	2.0 waffles	250	352
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	70.0	2.0 waffles	250	370
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	70.0	2.0 waffles	250	368
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	250	639
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	250	209
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	250	860
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	249	1640
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	249	25
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	249	1570
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	249	537
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item (6.3 oz)	249	168
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	200.0	1.0 item	248	908
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	248	12
01089	Milk, low sodium, fluid	244.0	1.0 cup	246	7
11215	Garlic, raw	136.0	1.0 cup	246	23
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	246	773
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	245	126
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	245	551
11964	Nopales, cooked, without salt	149.0	1.0 cup	244	30
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	244	22

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	244	428
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	244	222
25007	Snacks, M&M MARS, KUDOS Whole Grain Bars, peanut butter	28.0	1.0 bar	244	75
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	244	551
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	127.0	1.0 piece 4"x6"	244	597
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	243	100
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	243	100
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	242	777
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	242	777
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	241	1438
09094	Figs, dried, uncooked	149.0	1.0 cup	241	15
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	241	24
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	241	324
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	240	6
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	240	1148
22996	KASHI Three Cheese Penne, frozen, unprepared	269.0	1.0 Entrée	239	667
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	239	522
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	239	10
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	241.0	1.0 entree	239	388
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	237	280
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	237	7
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	236	1631
19897	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds	28.0	1.0 serving 1oz pack	235	3
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	32.0	10.0 crackers (1 NLEA serving)	235	241
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	235	90
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	235	90
21405	McDONALD'S, Premium Crispy Chicken Club Sandwich	254.0	1.0 item 9 oz	234	1199
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	233	1399
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	233	43
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	233	43
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	232	956
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	232	956
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item (6.4 oz)	231	146

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	230	28
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	230	1578
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	230	68
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	230	558
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	229	1042
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	229	1042
21146	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	156.0	1.0 slice 1/8 per pizza	229	702
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	228	441
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	228	751
35197	Lambsquarters, steamed (Northern Plains Indians)	65.0	1.0 cup	227	3
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	227	721
25009	Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate	24.0	1.0 bar	226	82
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	226	294
19890	Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar	78.0	1.0 serving 1 bar	225	67
11658	Spinach souffle	136.0	1.0 cup	224	770
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	224	677
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	223	324
28007	KELLOGG'S, EGGO, Waffles, Brown Sugar Cinnamon Roll	76.0	2.0 waffles	223	511
28008	KELLOGG'S, EGGO, Waffles, Strawberry Strudel	76.0	2.0 waffles	223	525
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	222	175
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	233.0	1.0 sandwich	221	897
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	220	91
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	219	708
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	219	564
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	218	15
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	218	23
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	217	794
21501	KASHI Pizza, Margherita, frozen, unprepared	113.0	0.33 pizza	217	633
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	217	1087
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	217	1374
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	217	1087
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	217	418
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	217	559
19327	Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar	22.0	1.0 serving 0.78 oz bar	217	2
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	217	4

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	216	2254
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	15.0	1.0 envelope Swiss Miss (.53 oz)	216	98
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	215	650
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	215	1531
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	215	5
19328	Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar	20.0	1.0 serving 0.7 oz bar	214	8
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	214	118
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	214	368
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	213	749
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	213	4
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	223.0	1.0 item 7.9 oz	212	1030
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	212	332
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	212	64
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	211	7
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	211	396
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	211	791
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	211	10
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	211	133
43541	Ice creams, chocolate, rich	148.0	1.0 cup	210	84
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	420.0	1.0 item 14.8 oz	210	1835
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	209	1989
16273	Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm	85.0	3.0 oz	209	6
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	209	512
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	209	416
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	209	31
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	208	624
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	207	875
01133	Egg, whole, dried	85.0	1.0 cup, sifted	207	405
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	207	404
01018	Cheese, edam	28.35	1.0 oz	207	230
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	207	459
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	207	182
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	206	123
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	206	1204

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	206	687
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	206	78
21500	KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared	113.0	0.33 pizza	206	663
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	205	440
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	204	440
21499	KASHI Pizza, Roasted Vegetable, frozen, unprepared	116.0	0.33 pizza	204	633
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	204	397
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	204	74
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	204	228
16275	Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm	85.0	3.0 oz	203	24
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	203	64
07939	Frankfurter, pork	76.0	1.0 link	203	620
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	203	218
19352	Syrups, malt	332.0	1.0 cup	203	116
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	41.0	0.33 cup 1 serving	202	344
16274	Vitasoy USA Organic Nasoya, Tofu Plus Firm	85.0	3.0 oz	201	3
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	201	115
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	201	640
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	201	658
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	52.0	1.0 Container (1 NLEA serving)	200	153
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	52.0	1.0 Container (1 NLEA serving)	200	148
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	52.0	1.0 Container (1 NLEA serving)	200	138
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	200	550
43543	Milk, imitation, non-soy	244.0	1.0 cup	200	134
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	200	30
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	200	5
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	1.0 serving (3.5 oz)	200	858
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	200	158
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	200	220
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	200	96
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	199	351
16229	Soymilk (All flavors), lowfat, with added calcium, vitamins A and D	243.0	1.0 cup	199	90
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	199	739
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	199	239
21233	McDONALD'S, Cheeseburger	119.0	1.0 item 4 oz	199	745
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	199	873

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
01041	Cheese, tilsit	28.35	1.0 oz	198	213
01022	Cheese, gouda	28.35	1.0 oz	198	232
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	197	382
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	197	42
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	197	347
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	196	118
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	196	726
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	196	31
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item (6.3 oz)	196	84
32022	KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	241.0	0.5 package	195	648
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	195	40
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	194	578
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	194	5
21506	BURGER KING, Double Cheeseburger	162.0	1.0 sandwich	194	910
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	194	2673
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	194	676
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	194	176
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	194	746
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	194	81
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	194	68
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	194	239
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	194	100
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared	160.0	1.0 pizza	194	418
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	193	439
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	193	640
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	193	380
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	193	380
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	192	588
21083	Fast foods, taco salad	198.0	1.5 cup	192	762
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	192	665
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	192	541
18967	Bread, white wheat	28.0	1.0 slice	192	134
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	191	891

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	199.0	1.0 item 7 oz	191	1297
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	191	1297
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	191	46
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	191	134
01008	Cheese, caraway	28.35	1.0 oz	191	196
32023	KASHI Mushroom & Asparagus Risotto, frozen, unprepared	284.0	0.5 package	190	585
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	190	1249
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	147.0	1.0 cup	190	341
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	189	195
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	189	1266
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	189	466
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	189	466
01039	Cheese, roquefort	28.35	1.0 oz	188	513
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	187	688
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	187	115
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	187	61
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	187	825
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	186	619
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	186	675
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	186	1109
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	186	1114
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	185	420
32030	KASHI Italian Vegetable Medley Pasta, frozen, unprepared	298.0	0.5 package	185	641
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	185	95
16114	Tempeh	166.0	1.0 cup	184	15
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	184	368
22987	KASHI Pesto Pasta Primavera, frozen, unprepared	283.0	1.0 entree	184	750
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	184	27
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	184	10
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	184	215
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	183	852
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	183	343
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	183	6
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	183	835
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	183	566

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
01010	Cheese, cheshire	28.35	1.0 oz	182	198
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	182	809
09095	Figs, dried, stewed	259.0	1.0 cup	181	10
19154	Candies, sesame crunch	28.35	1.0 oz	181	47
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	181	64
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	181	898
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	180	565
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	180	12
21327	McDONALD'S, Bacon, Egg & Cheese McGRIDDLES	165.0	1.0 item 5.8 oz	180	1110
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	180	1308
16106	Meat extender	88.0	1.0 cup	180	9
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	179	326
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	179	20
12006	Seeds, chia seeds, dried	28.35	1.0 oz	179	5
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	179	563
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	179	1004
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	178	798
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	178	772
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	269.0	1.0 entree	178	616
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	177	1123
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	176	688
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	255.0	1.0 entree	176	706
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	175	2
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	175	408
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	128.0	1.0 biscuit	175	754
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	175	81
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	175	807
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	175	896
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	175	662
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	174	110
42186	Frozen yogurts, chocolate	174.0	1.0 cup	174	110
12145	Nuts, pilinuts, dried	120.0	1.0 cup	174	4
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	174	85
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	174	1042
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	174	2186
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	173	81

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	173	11
21513	KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared	149.0	1.0 pizza	173	480
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	173	894
22984	KASHI, Chicken Pasta Pomodoro, Frozen Entree	283.0	1.0 package	173	470
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	172	58
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	172	365
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	171	519
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	171	745
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	171	900
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	171	179
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	171	1051
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	171	691
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	171	689
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	171	1936
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	170	42
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	170	760
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	169	42
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	169	76
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	169	921
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	168	368
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	168	50
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	168	753
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	167	734
06248	Soup, oyster stew, canned, prepared with equal volume milk	245.0	1.0 cup (8 fl oz)	167	1041
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	166	22
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	166	570
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	166	764
21516	KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared	152.0	1.0 pizza	166	512
21503	KASHI Pizza, Mediterranean, frozen, unprepared	120.0	0.33 pizza	166	637
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	165	13
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	165	353
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	165	52
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	165	745
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	164	687
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	164	347

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	164	875
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	164	26
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	163	801
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	163	201
28015	KELLOGG'S, EGGO, Waffles, Homestyle	70.0	2.0 waffles	162	410
11525	Taro, tahitian, raw	125.0	1.0 cup slices	161	62
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	161	433
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	161	11
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	161	582
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	161	582
01192	KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product	28.0	1.0 oz	161	444
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	161	869
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	161	92
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	91.0	1.0 piece 3.2 oz	160	546
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	160	132
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	160	10
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	159	690
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	159	177
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	159	39
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	150.0	5.3 oz	159	54
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	124.0	1.0 item	159	575
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	158	228
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	158	459
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	158	58
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	157	6
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	157	6
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	157	325
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	157	6
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	157	1017
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	157	1017
11683	Carrot, dehydrated	74.0	1.0 cup	157	204
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	157	774
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	157	59
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	157	7
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	157	366
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	156	73

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	156	798
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	156	397
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	156	677
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	156	12
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	156	3186
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	155	227
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	155	61
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	155	97
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	155	233
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	142.0	1.0 item 4.9 oz	155	1225
16091	Peanuts, spanish, raw	146.0	1.0 cup	155	32
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	154	711
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	154	20
16005	Beans, baked, home prepared	253.0	1.0 cup	154	1068
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	154	246
21514	KASHI Pizza, Tikka Masala, single serve, frozen, unprepared	159.0	1.0 pizza	154	393
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	154	987
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	154	987
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	154	2
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	153	632
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	153	22
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	153	441
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	153	137
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	153	16
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	152	614
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	152	38
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	152	392
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	151	872
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	252.0	1.0 cup (1 serving)	151	600
22932	SPAGHETTIOS, SpaghettiOs A to Z's	252.0	1.0 cup (1 serving)	151	600
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	252.0	1.0 cup (1 serving)	151	600
22937	SPAGHETTIOS, SpaghettiOs in Meat Sauce	252.0	1.0 cup (1 serving)	151	890
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	151	723
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	252.0	1.0 cup (1 serving)	151	600
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	151	86
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	151	139

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	150	293
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	150	85
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	150	220
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	150	192
14066	Beverages, Protein powder whey based	32.0	0.33 cup	150	50
28043	KEEBLER, ANIMALS, Cookies	40.0	1.0 package 1 serving	150	187
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	150	435
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	150	362
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	150	417
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	150	250
19130	Candies, HERSHEY'S POT OF GOLD Almond Bar	78.0	1.0 bar 2.8 oz	150	50
21364	McDONALD'S, Hotcakes and Sausage	192.0	1.0 item	150	929
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	150	771
01004	Cheese, blue	28.35	1.0 oz	150	325
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	55.0	1.0 slices , 3/8"	150	249
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	150	230
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	150	230
01190	KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product	21.0	1.0 slice	150	273
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	149	540
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	149	1183
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	149	37
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	149	1052
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	149	769
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	149	640
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	149	700
16211	Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu	79.0	0.2 package	149	5
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	148	51
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	150.0	5.3 oz	148	50
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	148	444
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	148	3870
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	148	403
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	147	1102
22983	KASHI, Chicken Florentine, Frozen Entree	283.0	1.0 package	147	549
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	147	362
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	147	46
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	147	9

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	147	294
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	147	637
21377	McDONALD'S Bacon Ranch Salad with Crispy Chicken	319.0	1.0 item 11.3 oz	147	871
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	146	266
21376	McDONALD'S, Bacon Ranch Salad with Grilled Chicken	305.0	1.0 item 10.8 oz	146	702
01189	KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product	35.0	2.0 tbsp	146	597
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	146	392
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	146	50
16210	Vitasoy USA, Nasoya Lite Firm Tofu	79.0	0.2 package	145	27
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	145	306
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	145	92
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	145	362
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	145	9
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	145	111
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	144	32
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	144	811
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	144	811
21234	McDONALD'S, QUARTER POUNDER	171.0	1.0 item	144	730
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	143	406
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	143	131
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	143	2
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	143	10
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	143	982
16277	Vitasoy USA Azumaya, Firm Tofu	79.0	0.2 package	142	18
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	142	97
11963	Nopales, raw	86.0	1.0 cup, sliced	141	18
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	150.0	5.3 oz	141	50
01045	Cheese food, cold pack, American	28.35	1.0 oz	141	274
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	141	958
21378	McDONALD'S, Bacon Ranch Salad without chicken	223.0	1.0 item 7.8 oz	140	294
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	140	463
28368	SCHAR, Gluten-Free, Classic White Rolls	78.0	1.0 roll	140	463
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	140	1024
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	140	497
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	140	664

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	132.0	1.0 cup	140	149
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	140	821
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	105.0	1.0 bscuit	140	612
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	140	821
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	139	705
16276	Vitasoy USA Azumaya, Extra Firm Tofu	79.0	0.2 package	139	21
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	139	171
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	139	464
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	139	969
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	139	218
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	139	2862
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	138	204
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	138	62
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	138	324
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	138	208
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	138	950
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	138	82
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	138	1075
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	138	888
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	138	176
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	137	16
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	137	47
21341	McDONALD'S, BIG BREAKFAST	269.0	1.0 item 9.5 oz	137	1477
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	136	50
28389	PEPPERIDGE FARM, White Bread	45.0	1.0 serving	135	230
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	135	316
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	135	122
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	135	194
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	135	491
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	135	908
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	134	155
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	134	266
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	134	140
11667	Seaweed, spirulina, dried	112.0	1.0 cup	134	1174
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	134	10
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	134	34

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
16009	Beans, baked, canned, with pork	253.0	1.0 cup	134	1047
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	150.0	5.3 oz	134	48
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	133	10
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30.5	1.0 fl oz	133	48
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	138.0	1.0 item	132	766
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	132	50
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	132	1
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	132	24
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	132	154
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	132	138
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	132	526
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	132	7
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	131	4
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	131	4
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	131	3
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	131	4
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	131	0
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	131	1081
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	131	1081
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	131	426
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	131	4
01191	KRAFT VELVEETA Pasteurized Process Cheese Spread	28.0	1.0 oz	130	420
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	130	2
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	105.0	1.0 bscuit	130	640
22993	KASHI Spicy Black Bean Enchilada, frozen, unprepared	255.0	1.0 entree	130	604
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	130	10
16095	Peanuts, virginia, raw	146.0	1.0 cup	130	15
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	129	1
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	129	51
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	70.0	2.0 waffles	129	381
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	128	201
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	128	694
21380	McDONALD'S, Fruit 'n Yogurt Parfait	149.0	1.0 item 5.2 oz	128	86
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	128	809

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	128	14
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	127	402
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	127	81
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	127	1878
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	127	92
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	126	3
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	126	2348
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	126	634
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	221.0	1.0 item	126	625
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	126	0
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	126	445
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	126	0
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	126	431
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	125	571
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	125	571
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	125	348
19089	Ice creams, vanilla, rich	107.0	0.5 cup	125	65
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	125	533
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	125	63
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	45.0	1.0 packet (1 NLEA serving)	125	213
15001	Fish, anchovy, european, raw	85.0	3.0 oz	125	88
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	255.0	1.0 package	125	620
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	125	2
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	125	669
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	125	3
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	125	539
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	125	345
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	125	206
11122	Cardoon, raw	178.0	1.0 cup, shredded	125	303
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	124	194
16008	Beans, baked, canned, with franks	259.0	1.0 cup	124	1114
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	124	9
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32.0	0.75 cup (1 NLEA serving)	124	148
09085	Currants, zante, dried	144.0	1.0 cup	124	12

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
21251	BURGER KING, Cheeseburger	133.0	1.0 item	124	801
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	124	60
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	142.0	1.0 item	124	54
20143	Teff, cooked	252.0	1.0 cup	123	20
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	28.0	1.0 packet (1 NLEA serving)	123	505
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	123	880
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	123	329
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	123	619
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	123	9
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	123	80
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	123	760
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	123	258
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	105.0	1.0 biscuit	123	596
09311	Roselle, raw	57.0	1.0 cup, without refuse	123	3
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	122	497
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	122	56
22919	Macaroni and Cheese, canned, microwavable	213.0	7.5 oz 1 serving	121	714
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	121	538
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	121	984
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	121	2428
21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	121	469
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	45.0	1.0 packet (1 NLEA serving)	121	289
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	121	80
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	50.0	1.0 pastry	120	298
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	120	4
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	120	421
16059	Chili with beans, canned	256.0	1.0 cup	120	1083
03190	Babyfood, cereal, oatmeal, with bananas, dry	15.0	1.0 serving	120	5
16007	Beans, baked, canned, with beef	266.0	1.0 cup	120	1264
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	120	601
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	120	601
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	119	368
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	142.0	1.0 sauce	119	622
09205	Oranges, raw, with peel	170.0	1.0 cup	119	3
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	119	158

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	119	198
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	119	851
01188	KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce	33.0	2.0 tbsp	118	541
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	118	282
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	118	193
28274	MURRAY, Honey Graham	31.0	8.0 crackers	117	148
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	117	4
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	117	990
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	117	175
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	117	156
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	117	807
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	28.0	1.0 packet (1 NLEA serving)	117	425
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	28.0	1.0 packet (1 NLEA serving)	117	426
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	117	460
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	133.0	1.0 wrap	117	807
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	117	15
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	117	651
19059	Snacks, trail mix, regular	150.0	1.0 cup	117	344
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	117	231
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	117	7
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	117	425
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	67.0	1.0 burger	117	277
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item (3.2 oz)	116	60
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	116	522
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	28.0	1.0 packet (1 NLEA serving)	116	335
20002	Amaranth grain, cooked	246.0	1.0 cup	116	15
01114	Whey, sweet, fluid	246.0	1.0 cup	116	133
21355	McDONALD'S, McCHICKEN Sandwich	131.0	1.0 sandwich	115	817
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	115	127
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	115	148
19875	Ice creams, BREYERS, All Natural Light Vanilla	68.0	1.0 serving 1/2 cup	115	48
19367	Toppings, nuts in syrup	328.0	1.0 cup	115	138
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	115	2
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	115	540
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	114	710
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	114	710

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
28263	KEEBLER, Grahams, Cinnamon Crisp	30.0	8.0 crackers	114	142
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	30.0	1.0 cup (1 NLEA serving)	114	205
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	114	48
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	114	5
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	114	7
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	114	622
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	114	601
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	114	845
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	41.0	1.0 packet (1 NLEA serving)	114	287
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	113	911
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	113	230
01021	Cheese, gjetost	28.35	1.0 oz	113	170
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	113	985
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	113	643
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	113	350
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	113	52
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	113	52
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	113	194
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	113	194
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	113	472
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	112	160
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	112	139
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	112	153
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	112	53
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	112	63
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	112	11
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	112	428
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	111	252
28101	KEEBLER, Cinnamon Toast Grahams	37.0	1.0 package	111	165
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	111	217
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	111	239
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	45.0	1.0 packet (1 NLEA serving)	110	278
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	110	244
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	110	251
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	110	18
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	31.0	1.0 packet (1 NLEA serving)	110	166

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
11618	Eppaw, raw	100.0	1.0 cup	110	12
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	50.0	1.0 packet (1 NLEA serving)	110	250
01007	Cheese, camembert	28.35	1.0 oz	110	239
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	110	191
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	110	427
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	110	9
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	110	325
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	110	1658
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	109	166
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	109	938
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	45.0	1.0 packet (1 NLEA serving)	109	279
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	109	538
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	109	13
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	109	242
19879	Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	68.0	1.0 serving 1/2 cup	109	46
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	108	49
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	108	1408
21526	CHICK-FIL-A, chicken sandwich	187.0	1.0 sandwich	108	1408
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	108	17
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	108	469
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	108	459
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	108	358
19114	Ice creams, chocolate, light	68.0	1.0 serving	108	48
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	108	55
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)	108	302
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	108	1390
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	108	1218
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	107	175
19893	Ice creams, BREYERS, All Natural Light French Chocolate	68.0	1.0 serving 1/2 cup	107	51
19878	Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry	68.0	1.0 serving 1/2 cup	107	47
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	107	466
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	107	110
21507	WENDY'S, Double Stack, with cheese	146.0	1.0 sandwich	107	696
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	106	672
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	34.0	1.0 packet (1 NLEA serving)	106	258

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	106	13
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	106	71
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	106	164
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	106	628
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	106	609
16129	Tofu, fried	28.35	1.0 oz	105	5
19093	Candies, SYMPHONY Milk Chocolate Bar	42.0	1.0 bar 1.5 oz	105	42
19876	Ice creams, BREYERS, All Natural Light French Vanilla	68.0	1.0 serving 1/2 cup	105	50
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	105	195
09307	Rhubarb, raw	122.0	1.0 cup, diced	105	5
21509	BURGER KING, Onion Rings	91.0	1.0 small	105	706
11568	Turnip greens, raw	55.0	1.0 cup, chopped	104	22
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	50.0	1.0 pastry	104	230
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	104	195
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	104	773
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	104	773
11413	Potato flour	160.0	1.0 cup	104	88
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	104	1255
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	103	765
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	103	63
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	103	637
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	103	255
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	103	1
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	103	697
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	103	42
16271	Vitasoy USA Organic Nasoya, Soft Tofu	79.0	0.2 package	103	3
19881	Ice creams, BREYERS, No Sugar Added, French Vanilla	68.0	1.0 serving 1/2 cup	103	59
18639	GEORGE WESTON BAKERIES, Thomas English Muffins	57.0	1.0 serving	103	197
08510	Milk and cereal bar	25.0	1.0 bar	102	80
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	102	476
19874	Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	74.0	1.0 serving 3.5 fl oz bar	102	89
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	102	268
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	102	6
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	102	442
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	102	791

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	102	973
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	102	726
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	102	313
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	101	139
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	101	240
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	101	189
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	206.0	1.0 can (1 serving)	101	490
14088	Beverages, V8 SPLASH Smoothies, Tropical Colada	246.0	1.0 serving 8 oz	101	49
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	101	60
27009	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST New England Clam Chowder	245.0	1.0 cup	100	409
14086	Beverages, V8 SPLASH Smoothies, Peach Mango	245.0	1.0 serving 8 oz	100	71
14087	Beverages, V8 SPLASH Smoothies, Strawberry Banana	245.0	1.0 serving 8 oz	100	71
06987	HEALTHY REQUEST, Cream of Celery Soup, condensed	124.0	1.0 serving 1/2 cup	100	410
28322	Bagels, multigrain	81.0	1.0 piece bagel	100	291
32028	Turnover, filled with egg, meat and cheese, frozen	127.0	1.0 piece turnover 1 serving	100	480
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	100	203
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	100	48
93600	Turtle, green, raw	85.0	3.0 oz	100	58
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	100	220
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	100	355
08078	Cereals ready-to-eat, GENERAL MILLS, TRI-X	32.0	1.0 cup (1 NLEA serving)	100	160
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	100	145
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	100	192
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	32.0	1.0 cup (1 NLEA serving)	100	120
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	100	140
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	100	223
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	100	239
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	31.0	0.75 cup (1 NLEA serving)	100	190
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	100	30
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	100	268
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	100	119
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	100	390
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	100	0
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	70.0	2.0 waffles	100	397
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	70.0	2.0 waffles	100	378

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	100	4
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	70.0	2.0 waffles	100	369
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	100	95
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	55.0	1.0 cup (1 NLEA serving)	100	208
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	100	30
28024	KELLOGG'S, EGGO, Waffles, Strawberry	70.0	2.0 waffles	100	368
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	100	391
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	100	185
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	100	75
28046	KEEBLER, ANIMALS, Crackers	29.0	8.0 crackers 1 serving	100	136
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	100	161
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	100	116
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	100	210
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	50.0	1.0 pastry	100	194
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	25.0	1.0 pouch	100	81
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	100	479
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	100	15
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	100	235
18494	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	100	190
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	100	140
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	50.0	1.0 pastry	100	196
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	50.0	1.0 pastry	100	191
18497	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry	50.0	1.0 pastry	100	178
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	100	260
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	25.0	1.0 pouch	100	72
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	50.0	1.0 pastry	100	196
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	50.0	1.0 pastry	100	216
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	100	151
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	100	151
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	100	70
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	100	150
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	100	70
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	100	149
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIx	28.0	1.0 cup	100	139
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	28.0	0.75 cup (1 NLEA serving)	100	125

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	100	75
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	100	160
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	100	236
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	100	151
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	100	142
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	100	182
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	100	105
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	100	152
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	30.0	0.75 cup (1 NLEA serving)	100	170
11426	Pumpkin pie mix, canned	270.0	1.0 cup	100	562
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	100	132
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	100	208
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	100	150
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	100	117
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	100	495
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	100	135
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	100	107
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	100	152
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	100	160
28014	KELLOGG'S, EGGO, Waffles, French Toast	45.0	1.0 waffle	100	242
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	100	200
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	100	149
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	90.0	2.0 pieces	100	538
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	27.0	0.75 cup (1 NLEA serving)	100	137
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	100	173
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	100	170
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	100	158
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	100	218
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	48.0	1.0 pastry	100	187
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52.0	1.0 pastry	100	227
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	100	150
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	48.0	1.0 pastry	100	188
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	48.0	1.0 pastry	100	180
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	100	205

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	100	65
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	100	270
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	46.0	1.0 set	100	268
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	100	1081
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	100	18
28377	PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns	51.0	1.0 serving	99	189
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	99	233
35239	Tortilla, blue corn, Sakwawikaviki (Hopi)	57.0	1.0 piece	99	378
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	99	0
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	99	2
19886	Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone	79.0	1.0 serving 1 cone	99	126
16213	Vitasoy USA, Organic Nasoya Firm Tofu	79.0	0.2 package	99	3
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	99	8
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	99	141
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	98	179
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	98	62
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	98	174
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	98	357
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	98	465
11212	Edamame, frozen, prepared	155.0	1.0 cup	98	9
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	98	731
16130	Okara	122.0	1.0 cup	98	11
11656	Corn pudding, home prepared	250.0	1.0 cup	98	705
18616	MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch	51.0	1.0 serving	97	458
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	97	218
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	97	974
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	97	424
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	30.0	0.75 cup (1 NLEA serving)	97	116
11106	Butterbur, (fuki), raw	94.0	1.0 cup	97	7
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	97	10
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	73.0	1.0 package (1 NLEA serving)	96	132
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	96	242
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	96	350
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	48.0	1.0 pastry	96	192
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	96	824
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	96	473

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	96	15
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	95	16
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	95	437
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	95	13
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	95	1325
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	95	398
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	95	7
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	95	123
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	95	1082
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	94	8
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	94	386
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	94	1274
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	94	623
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	94	411
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	94	1452
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	94	337
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	94	30
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	94	17
15064	Fish, pike, walleye, raw	85.0	3.0 oz	94	43
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	93	148
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	93	19
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	93	458
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	93	127
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	93	9
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	93	32
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	93	1726
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	93	37
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	92	65
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	92	742
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	92	8
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	92	466
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	92	5
16144	Lentils, pink or red, raw	192.0	1.0 cup	92	13
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	92	30

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
19882	Ice creams, BREYERS, No Sugar Added, Vanilla	69.0	1.0 serving 1/2 cup	92	46
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	92	329
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	92	1270
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	92	201
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	91	1334
19887	Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich	64.0	1.0 serving 1 sandwich	91	122
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	91	313
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	91	3583
16093	Peanuts, valencia, raw	146.0	1.0 cup	91	1
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	116.0	3.0 pancakes (NLEA serving)	90	589
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	90	8
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	90	492
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	90	391
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	114.0	1.0 burger	90	489
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	90	70
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	90	10
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	90	2493
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	90	13
19884	Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry	68.0	1.0 serving 1/2 cup	90	46
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	90	322
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	90	51
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	90	4
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	90	838
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	90	7690
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	89	14
09322	Tamarinds, raw	120.0	1.0 cup, pulp	89	34
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	89	863
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	89	--
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	88	419
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	88	2183
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	88	2
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	88	35
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	88	863
19880	Ice creams, BREYERS, No Sugar Added, Butter Pecan	68.0	1.0 serving 1/2 cup	88	112
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	88	835
06988	CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	88	405

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
11969	Broccoli, chinese, cooked	88.0	1.0 cup	88	6
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	88	13
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	88	3
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	88	402
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	88	9
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	88	461
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	88	1092
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	87	419
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	87	30
09297	Raisins, golden seedless	165.0	1.0 cup, packed	87	20
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	87	16
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	87	37
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	87	181
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	87	265
19911	Syrup, maple, Canadian	80.0	60.0 milliliter	87	7
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	87	54
19883	Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl	72.0	1.0 serving 1/2 cup	87	52
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	87	758
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	87	207
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	70.0	1.0 package (1 NLEA serving)	87	248
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	87	2072
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	87	564
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	87	500
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	86	94
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	86	199
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	86	193
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	86	1054
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	86	617
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	86	871
05305	Ground turkey, raw	453.6	1.0 lb	86	263
19895	Ice creams, BREYERS, No Sugar Added, Chocolate Caramel	71.0	1.0 serving 1/2 cup	86	55
19071	Candies, carob, unsweetened	28.35	1.0 oz	86	30
43144	Cabbage, mustard, salted	128.0	1.0 cup	86	918
19894	Ice creams, BREYERS, 98% Fat Free Chocolate	68.0	1.0 serving 1/2 cup	86	51
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	86	16

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	85	737
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	85	995
21328	McDONALD'S, Sausage McGRIDDLES	135.0	1.0 item	85	995
07008	Bologna, beef and pork	100.0	3.527 oz	85	960
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	85	37
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	85	1041
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	85	9
11961	Hearts of palm, canned	146.0	1.0 cup	85	622
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	85	7
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	85	398
01157	Cheese, goat, semisoft type	28.35	1.0 oz	84	118
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	96.0	1.0 patty	84	427
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	84	53
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	84	556
20038	Oats	156.0	1.0 cup	84	3
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	84	6
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	84	8
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	84	492
16099	Peanut flour, defatted	60.0	1.0 cup	84	108
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	84	317
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	84	667
21407	McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich	240.0	1.0 item 8.5 oz	84	1171
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	84	331
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	84	869
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	84	85
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	84	922
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	84	32
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	84	199
11161	Collards, raw	36.0	1.0 cup, chopped	84	6
09287	Prickly pears, raw	149.0	1.0 cup	83	7
16281	HOUSE FOODS Premium Firm Tofu	56.0	2.0 oz	83	18
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	83	35
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	28.35	1.0 oz	83	14
19084	Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES	41.0	13.0 pieces	83	21
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	83	1066

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
18361	Toaster pastries, brown-sugar-cinnamon	28.35	1.0 oz	83	102
19877	Ice creams, BREYERS, 98% Fat Free Vanilla	68.0	1.0 serving 1/2 cup	83	50
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	83	939
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	83	41
11297	Parsley, fresh	60.0	1.0 cup chopped	83	34
11613	Borage, raw	89.0	1.0 cup (1" pieces)	83	71
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	83	1089
09298	Raisins, seedless	165.0	1.0 cup, packed	82	18
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	28.35	1.0 oz	82	14
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	82	928
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	82	329
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	82	11
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	82	33
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	82	33
22979	KASHI Black Bean Mango, frozen, unprepared	283.0	1.0 entree	82	379
11278	Okra, raw	100.0	1.0 cup	82	7
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	82	134
21527	ARBY'S, roast beef sandwich, classic	149.0	1.0 sandwich	82	973
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	82	973
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	28.35	1.0 oz	82	14
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	82	112
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	82	891
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	81	1324
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	81	1324
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	81	362
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	33.0	1.0 packet	81	184
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	81	545
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	55.0	1.0 slice , 3/8"	81	472
06250	CAMPBELL'S CHUNKY Microwavable Bowls, New England Clam Chowder, ready-to-serve	245.0	1.0 serving 1 cup	81	870
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	81	15
43134	Vegetarian fillets	85.0	1.0 fillet	81	416
06353	CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	81	790
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	81	1450
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	81	190
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	80	399

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	80	11
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	80	250
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	80	12
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	80	110
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	80	330
12567	Nuts, almonds, oil roasted, with salt added, smoke flavor	28.0	1.0 oz (28 almonds)	80	153
28387	PEPPERIDGE FARM, Hamburger Buns w/Sesame	53.0	1.0 serving	80	201
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	80	75
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	80	132
20035	Quinoa, uncooked	170.0	1.0 cup	80	8
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	80	364
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	49.0	1.0 Cup (1 NLEA serving)	80	184
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	80	1087
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	80	741
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	80	27
19061	Snacks, trail mix, tropical	140.0	1.0 cup	80	133
28006	KELLOGG'S, CINNABON, Pancakes, Original	105.0	3.0 pancakes	80	479
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	105.0	3.0 pancakes	80	504
28320	English muffins, whole grain white	57.0	1.0 muffin 1 serving	80	220
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	105.0	3.0 pancakes	80	495
32024	Rice mix, cheese flavor, dry mix, unprepared	57.0	0.25 cup dry rice mix	80	680
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	80	0
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	79	646
22997	KASHI, Tuscan Veggie Bake, Frozen Entree	283.0	1.0 package	79	693
28390	PEPPERIDGE FARM, Light Style Wheat Bread	57.0	1.0 serving	79	215
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	79	276
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG, Gerolsteiner naturally sparkling mineral water,	240.0	8.0 fl oz	79	31
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	79	32
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	79	319
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	79	24
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	79	1436
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	79	189
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	75.0	1.0 package (1 NLEA serving)	79	151
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	79	1097
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	79	2

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	79	407
16172	Refried beans, canned, fat-free	231.0	1.0 cup	79	1012
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	78	1834
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	78	20
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	78	14
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	78	119
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	78	112
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	78	989
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	78	1022
28394	PEPPERIDGE FARM, Hamburger Bun	51.0	1.0 serving	78	194
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	269.0	1.0 package	78	573
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	78	874
16100	Peanut flour, low fat	60.0	1.0 cup	78	1
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	78	9
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	78	427
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	78	682
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	78	1112
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	78	9
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243.0	1.0 cup (8 fl oz)	78	972
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	78	471
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	78	14
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	77	805
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	77	32
43114	Vermicelli, made from soy	140.0	1.0 cup	77	6
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	77	2916
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	77	3
36045	ON THE BORDER, refried beans	135.0	1.0 cup	77	510
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	77	874
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	77	943
21406	McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich	202.0	1.0 item 7.1 oz	77	1000
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	77	737
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	76	974
11514	Sweet potato, canned, mashed	255.0	1.0 cup	76	191
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	76	316
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	76	4

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	76	821
12142	Nuts, pecans	109.0	1.0 cup, chopped	76	0
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	76	2
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	76	72
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	76	35
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	76	1185
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	76	249
28307	Bread, naan, plain, commercially prepared, refrigerated	90.0	1.0 piece	76	418
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	269.0	1.0 package	75	447
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	75	456
18266	English muffins, whole-wheat	28.35	1.0 oz	75	103
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	75	3
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	75	34
19075	Candies, CARAMELLO Candy Bar	35.0	1.0 bar 1.25 oz	75	43
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	74	102
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	74	300
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	74	28
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	74	655
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	74	861
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	74	820
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	74	474
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	74	1
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	74	432
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	74	540
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	74	46
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	74	552
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	74	361
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	73	1016
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	73	166
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	73	2608
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	73	1
06963	Fish broth	244.0	1.0 cup	73	776
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	73	24
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	73	24

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	73	2
21023	Fast foods, french toast with butter	135.0	2.0 slices	73	513
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	73	30
19362	Syrups, table blends, corn, refiner, and sugar	316.0	1.0 cup	73	224
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	73	1007
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	73	15
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	72	145
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	72	405
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	72	8
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	72	4
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	72	0
22911	Chili, no beans, canned entree	240.0	1.0 cup	72	986
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	72	53
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	72	416
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	72	0
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	72	16
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	72	6
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	72	9
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	72	412
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	72	13
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	71	121
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	71	689
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	71	818
20069	Triticale	192.0	1.0 cup	71	10
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	71	1901
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	71	2
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	71	162
11211	Edamame, frozen, unprepared	118.0	1.0 cup	71	7
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	71	187
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	71	63
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	150.0	1.0 pizza	70	393
33879	Babyfood, finger snacks, GERBER, GRADUATES, LIL CRUNCHIES - MILD CHEDDAR	8.9	0.5 cup	70	55
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	70	353
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	70	1285
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	269.0	1.0 package	70	527
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	269.0	1.0 package	70	627

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	70	3
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	70	421
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	85.0	5.0 Wings	70	524
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	70	461
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	70	90
19271	Ice creams, strawberry	58.0	1.0 individual (3.5 fl oz)	70	35
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	70	99
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	69	2
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	69	10
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	69	49
18642	GENERAL MILLS, BETTY CROCKER SUPERMOIST Yellow Cake Mix, dry	43.0	1.0 serving	69	289
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	69	51
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	69	87
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	69	61
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	69	881
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	69	1023
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	69	328
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	69	53
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	69	289
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	69	28
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	150.0	1.0 pizza	69	394
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	69	459
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	69	15
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	41.0	1.0 serving	69	531
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	69	305
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	51.0	0.75 cup (1 NLEA serving)	69	125
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	69	58
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	68	107
16214	Vitasoy USA, Organic Nasoya Silken Tofu	91.0	0.2 package	68	2
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	68	220
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	68	3
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	68	3
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	68	169
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	68	566
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	68	3
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	68	20

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	68	3
28393	PEPPERIDGE FARM, White Hoagie Roll	69.0	1.0 serving	68	249
20060	Rice bran, crude	118.0	1.0 cup	67	6
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	67	384
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	67	1001
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	67	6
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	67	344
16069	Lentils, raw	192.0	1.0 cup	67	12
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	67	6
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	67	6
06123	Gravy, onion, dry, mix	24.0	1.0 cup (8 fl oz)	67	1005
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	67	453
11141	Celeriac, raw	156.0	1.0 cup	67	156
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	67	936
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	67	97
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	67	164
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	67	1160
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	66	33
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	66	33
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	66	136
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	66	331
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	66	12
19302	Candies, MARS SNACKFOOD US, SNICKERS Almond bar	50.0	1.0 serving 1.76 oz bar	66	78
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	66	1040
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	66	2637
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	65	--
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	65	82
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	65	94
20076	Wheat, durum	192.0	1.0 cup	65	4
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	65	11
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	65	645
06625	SMART SOUP, Vietnamese Carrot Lemongrass	283.0	10.0 oz 1 pouch	65	410
06619	SMART SOUP, Santa Fe Corn Chowder	283.0	10.0 oz 1 pouch	65	371
06623	SMART SOUP, Moroccan Chick Pea	283.0	10.0 oz 1 pouch	65	419

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
06620	SMART SOUP, French Lentil	283.0	10.0 oz 1 pouch	65	371
21415	POPEYES, biscuit	60.0	1.0 biscuit	65	447
19110	Candies, KRACKEL Chocolate Bar	41.0	1.0 bar 1.45 oz	65	80
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	65	712
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	65	8
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	86.0	4.0 nuggets	64	604
11270	Mustard greens, raw	56.0	1.0 cup, chopped	64	11
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	64	18
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	64	561
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	64	1024
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	64	2449
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	64	384
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	64	1
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	64	2327
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	64	1564
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	64	189
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	64	17
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	64	56
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	64	3
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	64	586
11846	Pumpkin, canned, with salt	245.0	1.0 cup	64	590
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	64	7
11424	Pumpkin, canned, without salt	245.0	1.0 cup	64	12
12084	Nuts, butternuts, dried	120.0	1.0 cup	64	1
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	31.0	0.75 Cup (1 NLEA serving)	64	189
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	63	340
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	63	22
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	63	4
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	63	103
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	63	217
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	63	455
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	63	455
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	63	278
03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	28.35	1.0 oz	63	16
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	63	44
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	63	44

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	63	55
01186	Cheese, cream, fat free	18.0	1.0 tbsp	63	126
18935	Waffle, plain, frozen, ready-to-heat, microwave	32.0	1.0 waffle, round (4" dia)	63	218
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	63	490
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	63	11
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	63	198
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	63	136
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 Burger	63	239
07024	Frankfurter, chicken	85.0	3.0 oz	63	873
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	63	367
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	63	8
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	63	504
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	63	8
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	63	85
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	63	55
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	63	85
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	63	495
18984	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type	39.0	1.0 package	62	351
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	62	12
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	62	13
06622	SMART SOUP, Indian Bean Masala	283.0	10.0 oz 1 pouch	62	260
22995	KASHI, Sweet and Sour Chicken, Frozen Entree	283.0	1.0 package	62	379
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	62	124
16529	WORTHINGTON FriPats, frozen, unprepared	64.0	1.0 patty	62	331
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	62	42
19256	Candies, MARS SNACKFOOD US, MILKY WAY Caramels, milk chocolate covered	44.0	1.0 serving 5 pieces	62	120
28049	KEEBLER, Cheese & Cheddar Sandwich Crackers	39.0	1.0 package	62	296
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	62	2
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	62	92
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	62	1
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	269.0	1.0 package	62	589
22989	KASHI, Red Curry Chicken, Frozen Entree	269.0	1.0 package	62	414
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	62	14
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	62	594
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	62	22
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	62	877

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	62	429
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	62	5
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	62	193
09083	Currants, european black, raw	112.0	1.0 cup	62	2
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	62	14
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	62	55
14079	Beverages, yellow green colored citrus soft drink with caffeine	473.0	16.0 fl oz	61	85
20074	Wheat, hard white	192.0	1.0 cup	61	4
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	61	274
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	61	274
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	59.0	2.0 fl oz	61	502
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	61	302
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	61	21
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	61	300
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	61	5
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	61	11
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	61	5
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	61	410
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	61	8
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	61	4
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	67.0	1.0 burger	61	328
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	61	143
28258	AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	61	381
16212	Vitasoy USA, Organic Nasoya Extra Firm Tofu	79.0	0.2 package	61	3
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	61	124
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	61	129
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	61	478
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	61	20
20004	Barley, hulled	184.0	1.0 cup	61	22
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	61	3
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	61	5
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	60	90
28050	KEEBLER, Club & Cheddar Sandwich Crackers	39.0	1.0 package	60	295
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	60	113
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	60	1187
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	60	61

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	60	92
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	60	470
19891	Frozen novelties, No Sugar Added CREAMSICLE Pops	44.0	1.0 serving 1 pop	60	18
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	60	85
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	60	115
11003	Amaranth leaves, raw	28.0	1.0 cup	60	6
11435	Rutabagas, raw	140.0	1.0 cup, cubes	60	17
01238	Ice cream sandwich	70.0	1.0 serving	60	90
18971	Bread, potato	32.0	1.0 slice	60	120
06117	CAMPBELL'S Red and White, Bean with Bacon Soup, condensed	128.0	1.0 serving 1/2 cup	60	860
16278	Vitasoy USA Azumaya, Silken Tofu	91.0	0.2 package	60	2
28324	Pancakes, whole wheat, dry mix, incomplete	38.0	0.25 cup mix 1 serving	60	620
06234	PREGO Pasta, Heart Smart- Ricotta Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	60	360
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	60	331
06231	PREGO Pasta, Mushroom and Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	60	480
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	60	691
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	60	22
20131	Barley malt flour	162.0	1.0 cup	60	18
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	60	389
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	60	249
01239	Ice cream cookie sandwich	82.0	1.0 serving	60	133
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	60	80
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	60	450
32029	Rice mix, white and wild, flavored, unprepared	57.0	2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix)	60	650
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	105.0	3.0 pancakes	60	479
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	60	520
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	60	12
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	60	60
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	60	34
15107	Fish, sucker, white, raw	85.0	3.0 oz	60	34
15271	Crustaceans, shrimp, cooked (not previously frozen)	85.0	3.0 oz	60	94
06621	SMART SOUP, Greek Minestrone	283.0	10.0 oz 1 pouch	59	391
11955	Tomatoes, sun-dried	54.0	1.0 cup	59	58
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	59	9
19254	Candies, MARS SNACKFOOD US, DOVE Milk Chocolate	37.0	1.0 serving 1.30 oz bar	59	23

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	80.0	5.0 nuggets	59	336
19349	Syrups, corn, dark	328.0	1.0 cup	59	508
28051	KEEBLER, Cheese on Wheat Sandwich Crackers	39.0	1.0 package	59	308
18983	AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type	39.0	1.0 package	59	327
06408	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Vegetable Soup	245.0	1.0 cup	59	409
43128	Chicken, meatless	168.0	1.0 cup	59	1191
06414	CAMPBELL'S CHUNKY Soups, Hearty Bean 'N' Ham Soup	245.0	1.0 cup	59	779
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	59	537
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	59	663
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	59	10
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	59	7
11616	Dock, raw	133.0	1.0 cup, chopped	59	5
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	58	1771
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	58	117
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	58	107
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	58	1622
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	67.0	1.0 burger	58	372
11231	Jute, potherb, raw	28.0	1.0 cup	58	2
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	58	209
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	58	915
18087	Cake, angelfood, dry mix	38.0	1.0 serving	58	312
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	58	3
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	58	143
21522	McDONALD'S, Southern Style Chicken Biscuit	132.0	1.0 biscuit regular size biscuit	58	1146
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	58	1146
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	58	1082
20005	Barley, pearled, raw	200.0	1.0 cup	58	18
15006	Fish, burbot, raw	116.0	1.0 fillet	58	113
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	58	151
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	58	2118
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	58	112
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	58	252
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	58	4
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	58	299
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	57	1917
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	57	1917

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	57	85
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	57	17
09087	Dates, deglet noor	147.0	1.0 cup, chopped	57	3
21127	Fast foods, coleslaw	191.0	1.0 cup	57	388
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	57	1287
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	57	20
20132	Oat flour, partially debranned	104.0	1.0 cup	57	20
20075	Wheat, soft white	168.0	1.0 cup	57	3
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	57	299
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	57	637
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	57	26
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	57	292
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	57	184
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	57	1
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	57	512
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	57	132
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	57	331
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	57	17
11655	Carrot juice, canned	236.0	1.0 cup	57	156
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	57	144
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	57	518
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	51.0	0.75 cup (1 NLEA serving)	57	125
22986	KASHI Mayan Harvest Bake, frozen, unprepared	283.0	1.0 entree	57	376
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	56	886
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	56	1291
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	56	120
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	56	961
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	56	29
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	56	521
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	56	135
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	56	6
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	56	135
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	56	317
20072	Wheat, hard red winter	192.0	1.0 cup	56	4
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	56	20

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	56	84
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	56	36
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	56	1
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	55	17
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	55	397
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	55	16
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	55	9
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	55	231
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	55	1994
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	55	95
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	55	76
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	55	78
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	55	222
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	55	4
09088	Elderberries, raw	145.0	1.0 cup	55	9
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	55	27
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	55	35
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	55	36
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	55	1
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	55	299
07960	Bologna, chicken, pork	28.0	1.0 serving	55	347
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	55	180
11741	Broccoli, stalks, raw	114.0	1.0 stalk	55	31
18265	English muffins, wheat, toasted	28.35	1.0 oz	55	109
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	55	520
09190	Mulberries, raw	140.0	1.0 cup	55	14
11986	Malabar spinach, cooked	44.0	1.0 cup	55	24
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	55	4
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	55	481
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	55	86
20033	Oat bran, raw	94.0	1.0 cup	55	4
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	54	19
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	54	29
15270	Crustaceans, shrimp, raw (not previously frozen)	85.0	3.0 oz	54	101
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	54	430

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
36036	Restaurant, family style, onion rings	259.0	1.0 serving	54	1792
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	54	144
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	54	664
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	54	19
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	54	19
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	54	498
07056	Peppered loaf, pork, beef	100.0	3.52 slices	54	732
35147	Tamales (Navajo)	186.0	1.0 piece	54	794
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	54	20
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	54	42
06624	SMART SOUP, Thai Coconut Curry	283.0	10.0 oz 1 pouch	54	399
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	54	8
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	54	125
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	54	193
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	51.0	1.0 Cup (1 NLEA serving)	54	85
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	54	309
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	85.0	5.0 Wings	54	546
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	54	457
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	53	0
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	53	54
09110	Goji berries, dried	28.0	5.0 tbsp	53	83
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	53	17
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	53	12
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	53	136
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	53	120
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	53	351
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	53	922
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	53	3560
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	53	18
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	53	5
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	53	435
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	53	354
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	53	631

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	53	875
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	53	18
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	52	23
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	52	474
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	52	271
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	52	24
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	52	113
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	52	227
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	52	3
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	52	3807
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	52	904
01006	Cheese, brie	28.35	1.0 oz	52	178
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	52	2
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	52	5
28373	UD'S, Gluten Free, Whole Grain Dinner Rolls	44.0	1.0 roll	52	223
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	44.0	1.0 roll	52	223
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	52	208
18987	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	52	318
16534	WORTHINGTON Stakelets, frozen, unprepared	71.0	1.0 piece	52	462
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	52	9
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	52	9
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	52	293
06309	CAMPBELL'S, Chicken with Rice Soup, condensed	126.0	0.5 cup condensed	52	813
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	52	813
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	52	322
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	52	379
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	52	3
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	52	17
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	52	110
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	52	146
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	52	28
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	51	25
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	51	527
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	51	567
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	51	549

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
09140	Guavas, strawberry, raw	244.0	1.0 cup	51	90
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	64.0	1.0 burger	51	442
20003	Arrowroot flour	128.0	1.0 cup	51	3
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	51	86
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	51	431
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	51	21
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	51	73
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	51	117
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	51	64
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	51	491
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	51	80
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	51	321
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	51	73
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	51	--
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	51	674
11974	Grape leaves, raw	14.0	1.0 cup	51	1
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	51	4
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	51	4
09313	Sapodilla, raw	241.0	1.0 cup, pulp	51	29
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	51	810
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	51	0
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	51	35
18264	English muffins, wheat	28.35	1.0 oz	50	100
16422	Soy protein isolate, potassium type	28.35	1.0 oz	50	14
16122	Soy protein isolate	28.35	1.0 oz	50	285
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	50	250
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	50	666
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	50	477
21268	TACO BELL, Nachos	80.0	1.0 serving	50	250
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	50	634
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	50	29
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	50	52
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	50	355
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	50	321
11980	Peppers, chili, green, canned	139.0	1.0 cup	50	552
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	50	362

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	50	56
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	50	424
01193	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	31.0	2.0 tbsp	50	18
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	50	131
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	50	10
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	50	3
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	50	800
18977	KASHI, TLC, Toasted Asiago Crackers	31.0	15.0 crackers	50	204
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	50	1208
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	50	8
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	50	324
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	50	71
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	50	421
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	50	421
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	50	4
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	50	923
11118	Cabbage, kimchi	150.0	1.0 cup	50	747
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	49	19
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	49	19
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	49	495
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	49	132
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	49	82
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	49	209
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	49	155
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	49	147
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	49	13
20012	Bulgur, dry	140.0	1.0 cup	49	24
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	49	527
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	49	300
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	49	78
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	49	108
12071	Nuts, almond paste	28.35	1.0 oz	49	3
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	49	161
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	49	2
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	49	427

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	48	239
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	48	175
15062	Fish, pike, northern, raw	85.0	3.0 oz	48	33
31025	Sweet Potato puffs, frozen, unprepared	85.0	3.0 oz	48	212
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	48	6
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	48	258
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	48	1382
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	48	156
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	48	966
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	48	8
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	48	422
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	48	1547
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	49.0	0.5 cup (1 NLEA serving)	48	23
20071	Wheat, hard red spring	192.0	1.0 cup	48	4
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	48	1044
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	48	703
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	48	37
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	48	20
11298	Parsnips, raw	133.0	1.0 cup slices	48	13
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	48	16
01225	Dulce de Leche	19.0	1.0 tbsp	48	25
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	48	12
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	48	63
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	48	139
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	48	170
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	71.0	1.0 patty	48	449
11414	Potato salad, home-prepared	250.0	1.0 cup	48	1322
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	48	10
20130	Barley flour or meal	148.0	1.0 cup	47	6
20063	Rye flour, dark	128.0	1.0 cup	47	3
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	47	816
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	47	2
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	47	20
20140	Spelt, uncooked	174.0	1.0 cup	47	14

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	47	1013
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	47	20
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	47	1203
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	47	36
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	47	22
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	47	239
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	47	5
18065	Bread, wheat, toasted	28.35	1.0 oz	47	170
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	47	62
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	47	65
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	47	15
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	47	16
21508	WEND'YS, Crispy Chicken Sandwich	126.0	1.0 sandwich	47	713
11973	Beans, fava, in pod, raw	126.0	1.0 cup	47	32
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	46	20
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	46	794
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.7	1.0 scoop	46	19
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	46	2
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	46	408
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	46	1
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	46	49
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	46	518
36019	APPLEBEE'S, chili	136.0	1.0 cup	46	518
14024	Beverages, Whiskey sour mix, powder	17.0	1.0 packet	46	47
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	46	120
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	46	94
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	46	530
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	46	6
09299	Raisins, seeded	165.0	1.0 cup, packed	46	--
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	46	4
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	46	502
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	46	102

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	46	659
16579	GARDENBURGER Original, frozen, unprepared	71.0	1.0 patty	46	486
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	46	8
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	46	446
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	46	12
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	46	17
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	46	8
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	46	4
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	46	250
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	46	5
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	46	571
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	46	1037
20070	Triticale flour, whole-grain	130.0	1.0 cup	46	3
11199	Yardlong bean, raw	91.0	1.0 cup slices	46	4
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	45	1992
18448	Taco shells, baked, without added salt	28.35	1.0 oz	45	4
20073	Wheat, soft red winter	168.0	1.0 cup	45	3
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	116.0	1.0 bar (NLEA serving)	45	329
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	45	4
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	45	764
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	45	662
01194	KRAFT BREAKSTONE'S FREE Fat Free Sour Cream	32.0	2.0 tbsp	45	23
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	45	22
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	45	486
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	45	2
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	45	284
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	45	147
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	45	4
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	45	12
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	45	80
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	45	60
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	45	196
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	45	64
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	45	794

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	45	815
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	500.0	1.0 bottle	45	50
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	45	70
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	45	505
20078	Wheat germ, crude	115.0	1.0 cup	45	14
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	45	972
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	45	2
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	45	11
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	70.0	1.0 package (1 NLEA serving)	45	236
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	45	102
11518	Taro, raw	104.0	1.0 cup, sliced	45	11
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	45	15
06038	CAMPBELL'S, Cheddar Cheese Soup, condensed	124.0	0.5 cup condensed	45	858
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	45	858
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	45	95
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	45	1048
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	45	10
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	45	148
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	44	436
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	44	32
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	44	772
11086	Beet greens, raw	38.0	1.0 cup	44	86
09221	Tangerine juice, raw	247.0	1.0 cup	44	2
19350	Syrups, corn, light	341.0	1.0 cup	44	211
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	44	352
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	44	876
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	44	13
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	67.0	1.0 burger	44	350
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	44	1132
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	44	77
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	44	54
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	44	22
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	44	66
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	30.0	13.0 crackers	44	226

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	44	19
28280	SUNSHINE, CHEEZ-IT, Original Crackers	30.0	27.0 crackers	44	226
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	44	699
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	44	12
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	44	174
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	44	349
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44.0	1.0 bar 1.55 oz	44	66
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	44	240
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	44	822
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	44	223
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	44	171
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	44	653
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	44	119
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	44	2
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	44	232
19238	Candies, REESE'S BITES	39.0	16.0 pieces	44	70
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	44	190
16279	HOUSE FOODS Premium Soft Tofu	56.0	2.0 oz	44	19
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	44	16
21139	Fast foods, potato, mashed	242.0	1.0 cup	44	741
11972	Lemon grass (citronella), raw	67.0	1.0 cup	44	4
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	44	79
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	44	79
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	44	35
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	44	377
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	43	121
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	43	10
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	43	14
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	43	11
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	43	14
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	43	84
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	43	59
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	43	61
15053	Fish, milkfish, raw	85.0	3.0 oz	43	61
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	43	82

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	43	280
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	43	24
11096	Broccoli raab, raw	40.0	1.0 cup chopped	43	13
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	43	382
18972	Bread, cheese	48.0	1.0 slice	43	360
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	43	5
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	43	251
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	43	63
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	56.0	2.0 fl oz	43	534
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	43	142
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	43	420
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	43	126
11090	Broccoli, raw	91.0	1.0 cup chopped	43	30
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	75.0	1.0 package (1 NLEA serving)	43	267
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	43	295
09436	Mango nectar, canned	251.0	1.0 cup	43	13
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	43	45
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	43	939
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	43	12
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	42	131
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	42	104
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	42	188
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	42	73
20077	Wheat bran, crude	58.0	1.0 cup	42	1
19359	Candies, MARS SNACKFOOD US, SNICKERS CRUNCHER	47.0	1.0 serving 1.66 oz bar	42	89
19292	Candies, MARS SNACKFOOD US, M&M's Crispy Chocolate Candies	47.0	1.0 serving 1.6 oz bag	42	64
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	42	21
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	42	11
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	42	0
11124	Carrots, raw	128.0	1.0 cup chopped	42	88
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	42	53
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	42	53
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	42	499
11108	Butterbur, canned	124.0	1.0 cup, chopped	42	5
06037	Soup, lentil with ham, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	42	1319

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	42	4
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	42	5
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	42	18
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	42	18
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	42	1184
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	42	256
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	42	8
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	42	20
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	247.0	1.0 cup	42	855
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	42	169
07025	Frankfurter, turkey	28.35	1.0 oz	42	258
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	42	14
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	42	18
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	42	199
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	42	14
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	42	142
09042	Blackberries, raw	144.0	1.0 cup	42	1
28395	PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread	43.0	1.0 serving	42	113
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	42	201
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	42	72
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	42	150
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	42	60
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	42	1350
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	42	429
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	42	1141
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	42	10
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	42	180
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	67.0	1.0 burger	42	496
20028	Couscous, dry	173.0	1.0 cup	42	17
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	41	1152
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	41	3
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	41	27
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	41	395

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	41	614
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	41	25
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	41	945
16510	WORTHINGTON Chili, canned, unprepared	230.0	1.0 cup	41	1042
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	41	480
16157	Chickpea flour (besan)	92.0	1.0 cup	41	59
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	41	24
09334	Feijoa, raw	243.0	1.0 cup, pureed	41	7
16216	Vitasoy USA, Vitasoy Organic Classic Original Soymilk	243.0	1.0 cup	41	160
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	41	14
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	41	424
07971	Bologna, meat and poultry	33.0	1.0 slice	41	455
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	41	35
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	71.0	1.0 patty	41	480
16549	MORNINGSTAR FARMS Grillers Prime, frozen, unprepared	71.0	1.0 burger	41	356
11693	Tomatoes, crushed, canned	121.0	0.5 cup	41	225
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	30.0	29.0 crackers	41	247
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	41	66
14638	Beverages, Horchata, as served in restaurant	228.0	1.0 cup	41	32
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	41	7
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	41	15
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	41	410
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	41	--
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	41	115
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	41	9
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	41	470
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	41	126
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	41	15
11591	Watercress, raw	34.0	1.0 cup, chopped	41	14
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	80.0	5.0 meatballs	41	390
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	41	69
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	41	71
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	41	8

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	41	840
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	41	159
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	41	72
20080	Wheat flour, whole-grain	120.0	1.0 cup	41	2
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	41	18
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	41	192
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	41	2696
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	41	29
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	41	65
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	41	639
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	41	15
20062	Rye grain	169.0	1.0 cup	41	3
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	40	8
11203	Cress, garden, raw	50.0	1.0 cup	40	7
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	40	122
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	40	98
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	40	537
05150	Goose, liver, raw	94.0	1.0 liver	40	132
11143	Celery, raw	101.0	1.0 cup chopped	40	81
22939	SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce	252.0	1.0 cup (1 serving)	40	1091
27032	CAMPBELL'S Red and White, Lentil Soup, condensed	126.0	0.5 cup	40	800
06379	CAMPBELL'S Red and White, Tomato Bisque, condensed	126.0	1.0 serving 1/2 cup	40	879
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	40	5
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	40	650
27014	CAMPBELL'S Red and White, Italian Style Wedding Soup, condensed	126.0	0.5 cup	40	810
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	40	95
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	40	401
16200	Campbell's Brown Sugar And Bacon Flavored Baked Beans	130.0	0.5 cup	40	471
06225	PREGO Pasta, Garlic Supreme Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	40	530
06222	PREGO Pasta, Diced Onion and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	40	480
06236	PREGO Pasta, Roasted Garlic Parmesan Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	40	480
16201	Campbell's Pork and Beans	130.0	0.5 cup	40	439
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	40	460
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	40	23
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	40	0

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
02033	Spices, poppy seed	2.8	1.0 tsp	40	1
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	40	88
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	40	478
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	40	130
28288	Bread, roll, Mexican, bolillo	98.0	1.0 piece	40	496
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	40	280
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	40	24
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	40	10
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	40	190
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	40	70
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	40	58
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	40	2
06233	PREGO Pasta, Organic Tomato and Basil Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	40	470
19119	Candies, NESTLE, CHUNKY Bar	40.0	1.0 serving 1.4 oz bar	40	15
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	40	900
28319	Bagels, whole grain white	43.0	0.5 piece bagel 1 serving	40	160
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	40	34
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	40	15
15094	Fish, shad, american, raw	85.0	3.0 oz	40	43
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	40	79
32025	Dumpling, potato- or cheese-filled, frozen	114.0	3.0 pieces pierogies	40	540
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	40	170
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	40	73
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	40	460
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	40	3
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	40	384
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	40	7
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	40	142
01159	Cheese, goat, soft type	28.35	1.0 oz	40	130
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	40	923
06215	CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed	124.0	0.5 cup condensed	40	480
06014	CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	40	820
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	40	630
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	40	249
06592	CAMPBELL'S Soup on the Go, Creamy Tomato Soup	305.0	1.0 container	40	650

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
06589	CAMPBELL'S Soup on the Go, Creamy Broccoli Soup	305.0	1.0 container	40	881
22992	KASHI, Southwest Style Chicken, Frozen Entree	283.0	1.0 package	40	679
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	40	189
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	110.0	11.0 pancakes	40	573
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	40	427
16202	PACE, Traditional Refried Beans	120.0	0.5 cup	40	690
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	40	2
16203	PACE, Salsa Refried Beans	120.0	0.5 cup	40	590
16204	PACE, Spicy Jalapeno Refried Beans	120.0	0.5 cup	40	590
09144	Jackfruit, raw	165.0	1.0 cup, sliced	40	3
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	40	299
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	67.0	1.0 burger	40	352
22952	SWANSON, Chicken and Dumplings	247.0	1.0 cup (1 serving)	40	990
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	40	1047
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	39	138
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	8.7	1.0 scoop	39	13
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	39	97
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	39	131
06316	Soup, HEALTHY CHOICE Garden Vegetable Soup, canned	246.0	1.0 serving 1 cup	39	480
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	39	110
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	39	480
06383	CAMPBELL'S CHUNKY Soups, Baked Potato with Cheddar & Bacon Bits Soup	245.0	1.0 cup	39	789
06541	CAMPBELL'S Homestyle Italian-Style Wedding Soup	245.0	1.0 cup	39	789
06447	CAMPBELL'S CHUNKY Soups, Savory Vegetable Soup	245.0	1.0 cup	39	769
06245	CAMPBELL'S CHUNKY Microwavable Bowls, Grilled Chicken and Sausage Gumbo, ready-to-serve	245.0	1.0 serving 1 cup	39	779
06503	CAMPBELL'S Red and White - Microwaveable Bowls, Creamy Tomato Soup	245.0	1.0 cup	39	750
06398	CAMPBELL'S CHUNKY Soups, Firehouse - Hot & Spicy Beef & Bean Chili	245.0	1.0 cup	39	870
06580	CAMPBELL'S Homestyle Vegetable Medley Soup	245.0	1.0 cup	39	789
06437	CAMPBELL'S CHUNKY Soups, Roadhouse - Beef & Bean Chili	245.0	1.0 cup	39	880
06546	CAMPBELL'S Homestyle Potato Broccoli Cheese Soup	245.0	1.0 cup	39	649
27017	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Italian Wedding Soup	245.0	1.0 cup	39	409
06429	CAMPBELL'S CHUNKY Soups, Manhattan Clam Chowder	245.0	1.0 cup	39	831
06617	CAMPBELL'S Homestyle Light Italian-Style Wedding Soup	245.0	1.0 cup	39	789
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	39	452

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	39	210
06454	CAMPBELL'S CHUNKY Soups, Grilled Steak- Steak Chili with Beans	245.0	1.0 cup	39	870
06391	CAMPBELL'S CHUNKY, Creamy Chicken and Dumplings Soup	245.0	1.0 cup	39	831
27018	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Mexican Style Tortilla	245.0	1.0 cup	39	409
06251	CAMPBELL'S CHUNKY Microwavable Bowls, Old Fashioned Vegetable Beef Soup, ready-to-serve	245.0	1.0 serving 1 cup	39	880
06537	CAMPBELL'S Homestyle HEALTHY REQUEST Mexican Style Chicken Tortilla	245.0	1.0 cup	39	409
06544	CAMPBELL'S Homestyle Minestrone Soup	245.0	1.0 cup	39	789
27008	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Grilled Chicken & Sausage Gumbo Soup	245.0	1.0 cup	39	409
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	39	4
28392	PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread	43.0	1.0 serving	39	150
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	39	75
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	39	8
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	39	410
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	39	711
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	39	45
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	39	251
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	39	209
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	39	80
16528	WORTHINGTON Dinner Roast, frozen, unprepared	85.0	1.0 slice , 3/4"	39	570
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	64.0	1.0 burger	39	270
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	39	7
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	39	429
11564	Turnips, raw	130.0	1.0 cup, cubes	39	87
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	39	88
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	39	16
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	39	7
31013	CAMPBELL'S, V8 Vegetable Juice, Spicy Hot V8	243.0	8.0 fl oz	39	481
31010	CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8	243.0	8.0 oz	39	481
31018	CAMPBELL'S, V8 Vegetable Juice, High Fiber V8	243.0	8.0 fl oz	39	481
31016	CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite	243.0	8.0 fl oz	39	360
31008	CAMPBELL'S, V8 100% Vegetable Juice	243.0	8.0 fl oz	39	420
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	39	19

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	39	503
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	39	2
22929	SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce	259.0	1.0 cup	39	1059
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	39	196
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	39	7
06487	CAMPBELL'S Low Sodium Soups, Cream of Mushroom Soup	298.0	1.0 serving 1 container	39	60
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	39	10
11015	Asparagus, canned, drained solids	242.0	1.0 cup	39	695
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	39	144
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	39	849
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	39	119
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	39	126
21142	Fast food, biscuit	55.0	1.0 biscuit	38	538
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	38	93
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	38	36
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	38	12
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	38	465
06990	HEALTHY REQUEST, Minestrone Soup, condensed	120.0	1.0 serving 1/2 cup	38	390
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	38	13
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	38	--
11349	Poi	240.0	1.0 cup	38	29
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	38	244
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	38	186
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	38	49
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	38	75
19149	Candies, NESTLE, RAISINETS Chocolate Covered Raisins	45.0	1.0 serving 1.58 oz bag	38	15
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	38	61
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	38	95
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	38	47
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	38	1
18980	KASHI, Original Waffle	72.0	2.0 pieces	38	345
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	38	42
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	38	295
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	38	--
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	38	140

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
27042	Soup, clam chowder, new england, canned, ready-to-serve	254.0	1.0 cup	38	871
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	38	11
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	56.0	0.5 cup	38	275
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	38	292
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	40.0	1.0 packet (1 NLEA serving)	38	110
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	38	12
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	38	5
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	38	758
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	38	8
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	38	19
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	38	147
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	38	4
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	38	531
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	38	67
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	38	149
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	38	2
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	38	141
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	38	328
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	38	19
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	38	217
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	38	471
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	38	85
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	38	4
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	38	382
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	38	2
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	38	978
06127	Gravy, unspecified type, dry	25.0	1.0 cup (8 fl oz)	38	1432
09107	Gooseberries, raw	150.0	1.0 cup	38	2
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	38	2
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	37	32
19306	Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	39.0	1.0 serving 13 pieces	37	87
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	37	232
18641	INTERSTATE BRANDS CORP, WONDER Hamburger Rolls	43.0	1.0 serving	37	210
21525	PIZZA HUT, breadstick, parmesan garlic	43.0	1.0 breadstick	37	232
09059	Breadfruit, raw	220.0	1.0 cup	37	4

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	37	151
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	37	83
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	37	147
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	37	17
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	37	688
15274	Fish, trout, brook, raw, New York State	149.0	1.0 filet	37	67
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	37	141
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	37	12
21416	POPEYES, Coleslaw	120.0	1.0 package	37	262
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	37	305
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	37	216
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	37	216
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	37	1
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	31.4	1.0 fl oz	37	11
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	37	6
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	37	6
09084	Currants, red and white, raw	112.0	1.0 cup	37	1
11098	Brussels sprouts, raw	88.0	1.0 cup	37	22
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	37	2
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	37	3
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	37	2
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	37	41
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	37	160
11282	Onions, raw	160.0	1.0 cup, chopped	37	6
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	37	581
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	37	1019
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	37	2
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	72.0	1.0 patty	37	372
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	54.0	1.0 bar 1.92 oz	37	76
18978	KASHI, Blueberry Waffle	72.0	2.0 pieces	37	343
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	37	239
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	37	5
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	37	3
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	37	128

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	37	13
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	37	13
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	37	16
36031	DENNY'S, onion rings	166.0	1.0 serving	37	1295
19258	Candies, MARS SNACKFOOD US, MILKY WAY Caramels. dark chocolate covered	44.0	1.0 serving 5 pieces	37	108
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	36	353
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	36	61
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	36	139
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	36	32
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	36	3
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	36	200
18064	Bread, wheat	29.0	1.0 slice	36	137
11304	Peas, green, raw	145.0	1.0 cup	36	7
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	36	192
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	67.0	1.0 patty	36	348
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	36	1608
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	67.0	1.0 patty	36	348
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	36	6
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	36	82
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	36	70
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	36	191
43132	Meatballs, meatless	144.0	1.0 cup	36	792
06315	Soup, HEALTHY CHOICE Chicken and Rice Soup, canned	240.0	1.0 serving 1 cup	36	434
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	36	6
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	36	2
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	36	4
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	36	125
06545	CAMPBELL'S Homestyle New England Clam Chowder	256.0	1.0 cup	36	929
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	36	49
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	36	115
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	36	40
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	36	129
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	36	178
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	36	584

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	36	596
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	36	903
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	36	71
28380	PEPPERIDGE FARM, Whole Grain 15 Grain Bread	43.0	1.0 serving	36	113
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	36	2
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	36	207
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	36	11
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	36	691
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	36	1
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	36	417
11109	Cabbage, raw	89.0	1.0 cup, chopped	36	16
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	36	5
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	36	3
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	36	--
16585	GARDENBURGER Sun-Dried Tomato Basil Burger, frozen, unprepared	71.0	1.0 patty	36	275
19307	Candies, MARS SNACKFOOD US, POP'ABLES MILKY WAY Brand Bite Size Candies	39.0	1.0 serving 13 pieces	35	57
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	35	428
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	35	4
02007	Spices, celery seed	2.0	1.0 tsp	35	3
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	35	3
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	35	89
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	35	486
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	35	41
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	35	12
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	35	1626
28386	PEPPERIDGE FARM, Pumpernickel Bread	32.0	1.0 serving	35	188
18043	Bread, protein (includes gluten)	28.35	1.0 oz	35	115
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	35	20
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	35	1835
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	35	3
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	35	347
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	35	8
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	35	1
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	35	14

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	35	8
36007	T.G.I. FRIDAY’S, french fries	184.0	1.0 serving	35	753
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	35	0
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	35	2
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	35	16
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	35	11
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	35	500
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	35	82
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	35	11
15008	Fish, carp, raw	85.0	3.0 oz	35	42
28245	SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)	30.0	27.0 crackers	35	247
19157	Candies, MARS SNACKFOOD US, M&M’s MINIs Milk Chocolate Candies	30.0	1.0 serving 1.0 oz tube	35	20
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	71.0	1.0 patty	35	387
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	35	312
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	35	342
19105	Candies, NESTLE, GOOBERS Chocolate Covered Peanuts	39.0	1.0 package 1.375 oz	35	14
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	35	473
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	35	7
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	247.0	1.0 cup	35	7
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	35	38
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	35	18
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	34	0
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	34	0
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	34	72
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	2.5	1.0 portion, amount of dry mix to make 8 fl oz prepared	34	2
21024	Fast foods, french toast sticks	65.0	3.0 pieces	34	260
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	34	635
07011	Bologna, turkey	28.0	0.99 oz 1 serving	34	300
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	34	2647
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	34	577
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	34	446
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	34	27
11549	Tomato products, canned, sauce	245.0	1.0 cup	34	1161

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	34	66
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	34	10
35198	Prickly pears, raw (Northern Plains Indians)	19.0	1.0 pad peeled	34	1
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	34	847
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	56.0	2.0 oz bar	34	185
06446	Soup, cream of onion, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	34	927
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	34	42
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	34	19
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	34	577
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	34	90
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	34	803
06152	Sauce, pizza, canned, ready-to-serve	63.0	0.25 cup	34	219
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	34	12
15090	Fish, scup, raw	85.0	3.0 oz	34	36
43146	Eggplant, pickled	136.0	1.0 cup	34	2277
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	34	173
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	34	50
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	34	333
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	34	16
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	34	86
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	34	299
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	34	48
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	34	41
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	34	12
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	34	12
28388	PEPPERIDGE FARM, Deli Swirl Bread	32.0	1.0 serving	34	175
09160	Lime juice, raw	242.0	1.0 cup	34	5
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	34	612
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	34	152
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	34	107
20088	Wild rice, raw	160.0	1.0 cup	34	11
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	34	888
07015	Brotwurst, pork, beef, link	70.0	1.0 link	34	778
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	34	722

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	34	82
28396	PEPPERIDGE FARM, Whole Grain Oatmeal Bread	43.0	1.0 serving	34	112
19243	Candies, HEATH BITES	39.0	15.0 pieces	34	96
18355	Sweet rolls, cheese	28.35	1.0 oz	33	101
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	33	5
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	33	76
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	33	74
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	33	12
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	33	12
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	33	13
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	33	46
01031	Cheese, neufchatel	28.35	1.0 oz	33	95
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	33	387
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	33	511
31024	Sweet Potatoes, french fried, crosscut, frozen, unprepared	85.0	3.0 oz	33	182
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	33	386
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	33	260
16104	Bacon, meatless	144.0	1.0 cup	33	2110
20126	Spaghetti, spinach, dry	57.0	2.0 oz	33	21
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	33	10
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	33	16
11134	Cassava, raw	206.0	1.0 cup	33	29
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	33	12
43109	Pretzels, soft	143.0	1.0 large	33	779
25024	Pretzels, soft, unsalted	143.0	1.0 large	33	360
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	33	94
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	33	185
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	33	12
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	33	12
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	33	12
18610	CONTINENTAL MILLS, KRUSTEAZ Almond Poppyseed Muffin Mix, Artificially Flavored, dry	40.0	1.0 serving	33	236

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing149g)	33	74
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	33	2
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	33	685
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	33	87
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	33	727
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	33	486
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	33	--
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	33	63
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	33	961
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	33	128
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	33	110
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	33	244
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	33	12
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	33	28
07033	Ham and cheese spread	15.0	1.0 tbsp	33	180
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	33	394
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	250.0	1.0 serving 8.3 fl oz can	32	208
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	32	920
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	32	2
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	32	1518
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	32	5
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	32	5
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	32	73
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	32	5
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	32	91
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	32	116
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	32	92
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	32	5
11241	Kohlrabi, raw	135.0	1.0 cup	32	27
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	32	5
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	32	432
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	32	11

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	32	719
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	32	85
01049	Cream, fluid, half and half	30.2	1.0 fl oz	32	18
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	32	562
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	32	83
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	32	479
01144	Egg substitute, powder	9.9	0.35 oz	32	79
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	32	13
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	32	--
42279	Babyfood, peas and brown rice	230.0	1.0 cup	32	14
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	32	433
11011	Asparagus, raw	134.0	1.0 cup	32	3
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	32	989
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	7.0	1.0 serving	32	20
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	32	52
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	32	4
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	32	447
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	32	12
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	32	11
20015	Corn bran, crude	76.0	1.0 cup	32	5
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	32	1107
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	32	828
02016	Spices, dill seed	2.1	1.0 tsp	32	0
28381	PEPPERIDGE FARM, Farmhouse Hearty White Bread	43.0	1.0 serving	32	236
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	32	461
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	32	11
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	32	11
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	32	1268
11970	Cabbage, napa, cooked	109.0	1.0 cup	32	12
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	32	17
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	40.0	0.5 cup (1 NLEA serving)	32	2
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	32	148

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	32	12
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	32	187
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	32	600
09315	Soursop, raw	225.0	1.0 cup, pulp	32	--
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	31	124
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	31	117
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	31	82
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	31	78
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	31	328
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	31	40
20137	Quinoa, cooked	185.0	1.0 cup	31	13
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	31	62
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	31	502
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	31	741
19065	Candies, ALMOND JOY Candy Bar	49.0	1.0 package 1.76 oz	31	70
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	31	62
21420	KFC, Coleslaw	112.0	1.0 package	31	212
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	31	186
11430	Radishes, oriental, raw	116.0	1.0 cup slices	31	24
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	31	238
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	31	2273
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	31	11
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	31	99
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	31	84
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	31	5
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	31	125
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	31	32
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	31	204
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	30.0	25.0 crackers	31	228
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	31	65
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	31	170
36002	APPLEBEE'S, french fries	164.0	1.0 serving	31	1014
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	31	441
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	31	10

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	31	10
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	31	10
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	31	3
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	31	26
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	31	870
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	62.0	2.0 fl oz	31	440
28382	PEPPERIDGE FARM, Farmhouse Oatmeal Bread	43.0	1.0 serving	31	200
28237	SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers	30.0	25.0 crackers	31	244
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	31	502
09302	Raspberries, raw	123.0	1.0 cup	31	1
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	31	51
09294	Prune juice, canned	256.0	1.0 cup	31	10
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	31	55
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	31	55
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	31	84
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	31	106
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	31	81
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	31	39
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	31	32
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	31	457
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	31	59
20008	Buckwheat	170.0	1.0 cup	31	2
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	31	8
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	31	153
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	31	6
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	31	173
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	31	270
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	31	93
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	30	19
20068	Tapioca, pearl, dry	152.0	1.0 cup	30	2
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	30	491
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	30	140
09451	Horned melon (Kiwano)	233.0	1.0 cup	30	5

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
16512	WORTHINGTON Diced Chik, canned, unprepared	55.0	0.25 cup	30	189
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	30	16
09082	Cranberry-orange relish, canned	275.0	1.0 cup	30	88
20087	Wheat, sprouted	108.0	1.0 cup	30	17
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	30	71
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	251.0	1.0 cup	30	886
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	30	93
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	30	3
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	30	3
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	60.0	1.0 cup (1 NLEA serving)	30	165
11620	Drumstick pods, raw	100.0	1.0 cup slices	30	42
09043	Blackberry juice, canned	250.0	1.0 cup	30	2
11520	Taro leaves, raw	28.0	1.0 cup	30	1
09038	Avocados, raw, California	230.0	1.0 cup, pureed	30	18
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	30	21
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	30	10
02039	Spices, savory, ground	1.4	1.0 tsp	30	0
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	30	12
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	30	170
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	30	81
15074	Fish, sablefish, raw	85.0	3.0 oz	30	48
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	30	69
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	85.0	2.0 pieces	30	354
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	30	59
11457	Spinach, raw	30.0	1.0 cup	30	24
16513	WORTHINGTON FriChik Original, canned, unprepared	90.0	2.0 pieces	30	361
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	30	88
09139	Guavas, common, raw	165.0	1.0 cup	30	3
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	30	146
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	30	108
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	30	662
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	30	321
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	30	107
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	30	12

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	30	107
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	30	567
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	30	39
28370	UDI'S, Gluten Free, Classic French Dinner Rolls	36.0	1.0 roll	30	255
28340	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch	36.0	1.0 roll	30	255
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	29	88
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	29	145
06405	CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup	245.0	1.0 cup	29	394
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	29	239
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	29	78
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	28.0	0.67 Cup (1 NLEA serving)	29	153
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	29	111
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	29	111
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	29	7
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	29	981
06549	Soup, chicken mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	29	798
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	29	10
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	29	652
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	29	30
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	29	402
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	29	50
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	29	108
16591	WORTHINGTON Leanies, frozen, unprepared	40.0	1.0 link	29	431
36028	DENNY'S, coleslaw	91.0	1.0 serving	29	342
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	71.0	1.0 patty	29	593
11429	Radishes, raw	116.0	1.0 cup slices	29	45
09226	Papayas, raw	145.0	1.0 cup 1" pieces	29	12
11152	Chicory greens, raw	29.0	1.0 cup, chopped	29	13
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	29	843
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	29	119
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	29	2
18028	Bread, egg, toasted	28.35	1.0 oz	29	118
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	29	137
36014	Restaurant, family style, french fries	170.0	1.0 serving	29	607

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	29	80
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	29	285
15044	Fish, ling, raw	85.0	3.0 oz	29	115
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	29	67
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	29	48
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	29	79
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	29	346
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	29	8
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	29	192
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	29	66
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	29	11
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	29	21
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	29	311
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	29	17
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	29	17
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	21.0	1.0 package	29	173
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	29	45
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	29	230
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	29	90
03213	Babyfood, cookies	28.35	1.0 oz	29	85
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	29	113
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	29	36
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	29	11
01128	Egg, whole, cooked, fried	46.0	1.0 large	29	95
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	29	830
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	28	1
20466	Semolina, unenriched	167.0	1.0 cup	28	2
20066	Semolina, enriched	167.0	1.0 cup	28	2
11240	Mushrooms, morel, raw	66.0	1.0 cup	28	14
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	28	153
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	28	136
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	63.0	3.0 biscuits (1 NLEA serving)	28	3
18385	Bread, wheat germ, toasted	28.35	1.0 oz	28	176
11285	Onions, canned, solids and liquids	63.0	1.0 onion	28	234
18640	HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen	59.0	1.0 eclair, frozen	28	177

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	28	66
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	69.0	1.0 roll	28	375
28354	ANDREA'S, Gluten Free Soft Dinner Roll	69.0	1.0 roll	28	375
28241	SUNSHINE, GRIPZ, Cheez-It Crackers	25.0	1.0 package	28	202
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	28	499
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	28	138
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	28	81
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	28	8
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	28	450
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	28	1037
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	28	619
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	28	129
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	28	3
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	28	564
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	28	71
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	28	41
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	28	314
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	28	8
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	28	479
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	28	55
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	28	46
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	28	62
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	28	587
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	28	433
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	28	79
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	28	63
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	28	40
01123	Egg, whole, raw, fresh	50.0	1.0 large	28	71
01131	Egg, whole, cooked, poached	50.0	1.0 large	28	148
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	28	668
11427	Purslane, raw	43.0	1.0 cup	28	19
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	28	18
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	28	798
01199	Cream, half and half, fat free	29.0	2.0 tbsp	28	29
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	28	303

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	28	13
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	28	10
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	28	13
03938	Infant formula, PBM PRODUCTS, store brand, powder	8.4	1.0 scoop	28	10
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	28	9
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	28	97
03193	Babyfood, cereal, oatmeal, with honey, dry	2.4	1.0 tbsp	28	1
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	28	0
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	28	0
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	28	0
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	28	70
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	28	18
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	27	398
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	27	466
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	27	4
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	27	5
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	27	12
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	27	12
09442	Pomegranate juice, bottled	249.0	1.0 cup	27	22
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	27	563
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	27	135
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	27	125
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	27	2
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	27	22
09206	Orange juice, raw	248.0	1.0 cup	27	2
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	27	2
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	27	16
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	58.0	1.25 cup (1 NLEA serving)	27	216
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	27	71
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	27	54
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	27	74
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	27	54
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	27	788
11230	Pepeao, dried	24.0	1.0 cup	27	17
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	27	75

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	27	635
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	246.0	1.0 cup	27	411
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	27	399
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	27	232
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	27	456
21419	KFC, biscuit	49.0	1.0 biscuit	27	524
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	27	154
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	27	130
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	27	36
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	27	30
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	27	870
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	27	537
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	27	401
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	27	17
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	27	20
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	27	790
19018	Fruit syrup	334.0	1.0 cup	27	0
28239	SUNSHINE, CHEEZ-IT, Duoz Sharp Cheddar Parmesan Crackers	30.0	25.0 crackers	27	260
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	27	9
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	27	146
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	27	3
18057	Bread, reduced-calorie, white	28.35	1.0 oz	27	136
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	27	64
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	27	186
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	27	84
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	27	140
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	27	20
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	27	45
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	27	74
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	27	84
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	26	84
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	26	8
18956	Keikitos (muffins), Latino bakery item	42.0	1.0 piece	26	216
14281	Beverages, tea, black, ready to drink, decaffeinated	240.0	1.0 cup	26	19

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	26	48
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	26	694
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	26	--
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	26	593
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	40.0	1.0 packet (1 NLEA serving)	26	109
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	240.0	1.0 cup	26	10
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	26	5
18027	Bread, egg	28.35	1.0 oz	26	108
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	26	62
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	26	76
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	26	55
15049	Fish, mackerel, king, raw	85.0	3.0 oz	26	134
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	26	74
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	26	256
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	26	65
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	26	1
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	71.0	1.0 Burger	26	280
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	26	3
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	26	460
28385	PEPPERIDGE FARM, Jewish Rye Bread (Seedless)	32.0	1.0 serving	26	169
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	26	68
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	26	18
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	26	164
16087	Peanuts, all types, raw	28.35	1.0 oz	26	5
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	31.4	1.0 fl oz	26	9
02010	Spices, cinnamon, ground	2.6	1.0 tsp	26	0
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	26	4
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	26	53
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	26	92
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	26	140
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	26	0
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	26	225
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	26	221
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	26	108

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
18349	Rolls, french	28.35	1.0 oz	26	163
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	26	1
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	28.35	1.0 oz	26	1
21141	BURGER KING, Vanilla Shake	24.8	1.0 fl oz	26	25
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	26	314
09145	Java-plum, (jambolan), raw	135.0	1.0 cup	26	19
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	26	94
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	26	12
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	26	1875
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	26	18
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	26	95
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	26	13
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	71.0	1.0 patty	26	397
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	26	818
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	26	81
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	26	74
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	26	103
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	26	99
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	26	11
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	26	62
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	26	66
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	26	27
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	26	478
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	26	73
11601	Yam, raw	150.0	1.0 cup, cubes	26	14
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	26	22
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	26	76
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	26	76
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	25	115
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	25	11
20656	Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES	121.0	1.0 cup spaghetti	25	5
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	25	730
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	25	210
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	25	133

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	25	214
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	25	2
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	32.0	0.75 cup (1 NLEA serving)	25	192
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	25	67
09514	Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST	252.0	1.0 cup	25	10
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	25	485
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	25	3
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	25	136
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	25	596
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	25	18
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	25	355
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	25	491
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	25	10
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	25	72
28253	SUNSHINE, CHEEZ-IT, Snack Mix	30.0	0.5 cup	25	332
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	25	948
09437	Tamarind nectar, canned	251.0	1.0 cup	25	18
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	25	147
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	25	425
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	23.0	3.0 cookies	25	28
28333	Cookies, gluten-free, chocolate wafer	23.0	3.0 cookies	25	28
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	25	11
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	25	112
09229	Papaya nectar, canned	250.0	1.0 cup	25	12
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	25	366
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	25	19
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	25	338
20067	Sorghum grain	192.0	1.0 cup	25	4
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	25	70
05335	Chicken, feet, boiled	28.35	1.0 oz	25	19
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	25	88
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	25	10
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	25	12
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	25	80
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	25	293
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	25	229

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	25	5
09528	Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C	248.0	8.0 fl oz	25	20
16536	WORTHINGTON Wham (roll), frozen, unprepared	55.0	1.0 slice , 3/8"	25	394
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	25	5
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	25	10
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	25	1
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	25	899
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	25	77
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	25	94
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	25	47
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	25	79
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	25	49
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	25	31
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	25	81
11154	Chicory roots, raw	60.0	1.0 root	25	30
19308	Candies, MARS SNACKFOOD US, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies	41.0	1.0 serving 15 pieces	25	71
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	25	10
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	24	867
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	24	15
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	24	20
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	24	1386
20064	Rye flour, medium	102.0	1.0 cup	24	2
18223	Crackers, milk	14.2	0.5 oz	24	98
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	24	37
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	24	954
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	24	8
18413	Bread, pita, white, unenriched	28.35	1.0 oz	24	152
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	24	1
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	24	144
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	24	8
09316	Strawberries, raw	152.0	1.0 cup, halves	24	2
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	24	--
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	30.0	27.0 chips	24	225
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	24	101

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	24	615
09002	Acerola juice, raw	242.0	1.0 cup	24	7
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	55.0	0.667 cup	24	417
09035	Apricots, frozen, sweetened	242.0	1.0 cup	24	10
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	24	115
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	24	177
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	24	892
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	24	815
18345	Rolls, dinner, oat bran	28.35	1.0 oz	24	117
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	24	12
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	24	6
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	24	54
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	24	922
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	24	879
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	24	873
02018	Spices, fennel seed	2.0	1.0 tsp, whole	24	2
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	24	17
09174	Loquats, raw	149.0	1.0 cup, cubed	24	1
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	24	260
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	24	57
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	24	72
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	24	87
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	24	127
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	24	85
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	24	719
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	24	80
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	24	520
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	24	60
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	24	68
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	24	77
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	24	51
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	24	75

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	24	77
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	24	4
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	24	80
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	24	53
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	24	73
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	24	74
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	24	67
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	24	8
08567	Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets	58.0	0.5 cup (1 NLEA serving)	24	260
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	24	39
11878	Taro, cooked, with salt	132.0	1.0 cup slices	24	331
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	24	935
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	24	20
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	24	45
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	24	75
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	24	135
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	24	134
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	24	329
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	24	569
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	24	12
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	24	51
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	24	109
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	24	305
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	24	32
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	24	328
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	24	71
28123	KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels	21.0	1.0 pouch	24	133
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	24	760
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	24	670
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	24	14
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	24	71
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	24	125
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	23	8

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	23	50
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	23	5
11527	Tomatoes, green, raw	180.0	1.0 cup	23	--
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	23	6
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	23	5
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	23	17
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	23	28
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	23	819
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	23	5
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	23	49
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	23	10
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	23	612
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	23	225
36610	DENNY'S, french fries	165.0	1.0 serving	23	73
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	23	44
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	59.0	1.25 Cups (1 NLEA serving)	23	213
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	23	5
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	23	95
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	23	113
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	23	13
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	23	420
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	23	64
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	23	258
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	23	66
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	23	43
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	23	64
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	23	77
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	23	85
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	23	75
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	23	82
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	23	62
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	23	82

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	23	43
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	23	49
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	23	46
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	23	30
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	23	44
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	23	84
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	23	63
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	23	128
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	23	45
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	23	48
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	23	64
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	23	66
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)		937
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	23	257
18459	Breakfast tart, low fat	52.0	1.0 tart	23	188
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	23	11
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	23	618
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	38.0	1.0 Patty	23	262
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	23	5
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	38.0	1.0 pattie	23	262
16561	MORNINGSTAR FARMS Corn Dog Mini, frozen, unprepared	76.0	4.0 pieces	23	515
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	23	1007
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	23	8
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	23	247
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	23	11
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	23	32
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)		55
28391	PEPPERIDGE FARM, Seeded Jewish Rye Bread	32.0	1.0 serving	23	166
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	23	9

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
18061	Bread, rye, toasted	28.35	1.0 oz	23	188
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	23	78
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	23	8
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	23	50
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	23	3
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	23	49
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	23	106
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	23	29
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	23	324
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	23	82
28375	VAN'S, Gluten Free, Totally Original Waffles	47.0	1.0 waffle	23	239
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	23	188
28240	SUNSHINE, CHEEZ-IT, Duo2 Smoked Cheddar Monterey Jack Crackers	30.0	25.0 crackers	22	269
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	22	3
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	22	60
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	22	92
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	22	60
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	22	1
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	22	113
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	22	70
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	22	91
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	22	10
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	22	630
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	22	11
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	21.0	1.0 package	22	125
09128	Grapefruit juice, white, raw	247.0	1.0 cup	22	2
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	22	2
10898	Pork, pickled pork hocks	117.0	3.0 oz	22	1228
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	22	5
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	22	493
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	22	16
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	30.0	27.0 chips	22	225
43274	Cheese, cream, low fat	15.0	1.0 tbsp	22	54
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	22	15
09433	Clementines, raw	74.0	1.0 fruit	22	1
06048	Soup, oyster stew, canned, condensed	123.0	0.5 cup (4 fl oz)	22	888

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	22	185
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	22	405
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	22	1
18033	Bread, italian	28.35	1.0 oz	22	156
19147	Candies, peanut bar	28.35	1.0 oz	22	44
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	22	131
09159	Limes, raw	67.0	1.0 fruit (2" dia)	22	1
15112	Fish, tilefish, raw	85.0	3.0 oz	22	45
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	22	71
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	22	458
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	22	76
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	22	40
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	22	49
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	22	65
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	22	847
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	22	48
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	22	43
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	22	131
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	22	67
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	22	5
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	22	62
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	22	3
21129	Fast foods, hush puppies	22.0	1.0 piece	22	179
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	22	895
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	22	954
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	22	7
28384	PEPPERIDGE FARM, Farmhouse Sourdough Bread	43.0	1.0 serving	22	211
01125	Egg, yolk, raw, fresh	17.0	1.0 large	22	8
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	22	9
20034	Oat bran, cooked	219.0	1.0 cup	22	2
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	22	578
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	22	534

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
18958	Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour	42.0	1.0 piece (1 serving)	22	187
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	22	578
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	22	130
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	22	189
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	22	98
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	22	1
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	22	189
18172	Cookies, gingersnaps	28.35	1.0 oz	22	142
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	22	130
11080	Beets, raw	136.0	1.0 cup	22	106
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	22	469
06448	Soup, oyster stew, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	22	981
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	22	610
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	22	24
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	22	5
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	22	104
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	22	850
12147	Nuts, pine nuts, dried	135.0	1.0 cup	22	3
19295	Candies, MARS SNACKFOOD US, SNICKERS MUNCH bar	40.0	1.0 serving 1.42 oz bar	22	143
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	22	138
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	22	149
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	22	1082
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	22	305
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	22	145
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	22	147
03194	Babyfood, cereal, Rice, dry, fortified	2.5	1.0 tbsp	22	1
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	21	43
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	21	2
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	21	2
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	21	136
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	55.0	2.0 slices (3/8" thick)	21	353
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	21	2
18434	Crackers, cheese, low sodium	14.2	0.5 oz	21	65
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	21	650
06596	CAMPBELL'S Soup on the Go, Cheesy Potato with Bacon Flavor Soup	305.0	1.0 container	21	891

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
27023	CAMPBELL'S Soup on the Go, HEALTHY REQUEST Classic Tomato Soup	305.0	1.0 container	21	409
06482	CAMPBELL'S Low Sodium Soups, Chicken with Noodles Soup	305.0	1.0 serving 1 container	21	140
06585	CAMPBELL'S Soup on the Go, Vegetable with Mini Round Noodles Soup	305.0	1.0 container	21	650
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	35.0	1.0 waffle, round (4" dia) (include frozen)	21	207
06594	CAMPBELL'S Soup on the Go, New England Clam Chowder	305.0	1.0 container	21	891
06586	CAMPBELL'S Soup on the Go, Chicken & Stars Soup	305.0	1.0 container	21	961
06595	CAMPBELL'S Soup on the Go, Vegetable Beef Soup	305.0	1.0 container	21	930
27022	CAMPBELL'S Soup on the Go, HEALTHY REQUEST Chicken with Mini Noodles Soup	305.0	1.0 container	21	409
36027	DENNY'S, chicken strips	194.0	1.0 serving	21	1548
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	21	2
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	21	43
11190	Cornsalad, raw	56.0	1.0 cup	21	2
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	21	27
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	21	68
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	21	225
18384	Bread, rice bran, toasted	28.35	1.0 oz	21	83
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	21	0
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	21	61
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	21	43
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	21	46
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	21	48
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	21	53
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	21	42
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	21	51
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	21	73
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	21	64
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	21	72
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	21	44
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	21	15
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	21	61
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	21	94
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	21	5

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	21	93
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	21	99
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	21	97
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	21	96
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	21	4
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	21	159
11965	Cauliflower, green, raw	64.0	1.0 cup	21	15
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	21	28
36030	DENNY'S, hash browns	124.0	1.0 serving	21	580
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	21	749
06341	CAMPBELL'S, Cream of Potato Soup, condensed	124.0	0.5 cup condensed	21	749
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	21	166
28110	KEEBLER, Toast & Peanut Butter Sandwich Crackers	39.0	1.0 package	21	301
28257	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type	39.0	1.0 package	21	301
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	21	9
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	21	9
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	21	9
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	21	9
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	21	9
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	21	479
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	21	108
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	21	115
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	21	1530
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	21	6
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	21	120
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	21	104
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	21	130
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	21	392

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	21	102
28378	PEPPERIDGE FARM, Cinnamon Swirl Bread	28.0	1.0 serving	21	108
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	21	160
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	21	2
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	21	151
18066	Bread, wheat bran	28.35	1.0 oz	21	138
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	21	161
18177	Cookies, molasses	28.35	1.0 oz	21	130
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	21	186
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	21	132
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	21	9
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	21	10
21379	McDONALD'S, Side Salad	87.0	1.0 item 3.1 oz	21	10
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	21	62
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	21	2
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	52.0	0.5 cup (1 NLEA serving)	21	114
06995	PREGO Pasta, Chunky Garden Tomato, Onion and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	21	489
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	21	379
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	21	486
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	21	7
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	21	66
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	21	13
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	21	796
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	30.0	27.0 chips	21	229
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	21	89
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	21	216
18060	Bread, rye	28.35	1.0 oz	21	171
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	21	82
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	21	6
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	21	139
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	53.0	1.0 Cup (1 NLEA serving)	21	188
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	21	634
06142	Sauce, sofrito, prepared from recipe	103.0	0.5 cup	21	1179
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	21	3
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	21	3

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	21	63
06361	CAMPBELL'S Red and White, Green Pea Soup, condensed	128.0	1.0 serving 1/2 cup	20	870
06380	CAMPBELL'S Red and White, Split Pea with Ham and Bacon Soup, condensed	128.0	1.0 serving 1/2 cup	20	850
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	20	4
18040	Bread, oatmeal, toasted	28.35	1.0 oz	20	138
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	20	130
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	20	160
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	20	0
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	20	107
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	20	86
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	20	109
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	20	93
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	20	156
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	20	577
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	20	70
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	20	51
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	20	44
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	20	789
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	20	84
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	20	75
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	20	44
19366	Toppings, pineapple	340.0	1.0 cup	20	143
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	20	530
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	20	367
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	20	71
17153	Game meat, beefalo, composite of cuts, cooked, roasted	85.0	3.0 oz	20	70
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	20	54
19353	Syrups, maple	20.0	1.0 tbsp	20	2
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	20	54
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	20	46
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	20	94
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	20	45

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	20	47
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	20	45
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	20	76
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	20	47
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	55.0	27.0 biscuits (1 NLEA serving)	20	7
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	20	13
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	20	337
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	20	826
19296	Honey	339.0	1.0 cup	20	14
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	20	75
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	20	760
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	20	97
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	39.0	1.0 slice	20	139
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	20	124
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	20	149
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	20	512
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	92.0	2.0 slices	20	341
43382	Cranberry juice, unsweetened	253.0	1.0 cup	20	5
08568	Cereals, KASHI HEART TO HEART, Instant Oatmeal, Apple Cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	20	89
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	224.0	1.0 cup	20	0
06364	CAMPBELL'S Red and White, Manhattan Clam Chowder, condensed	126.0	1.0 serving 1/2 cup	20	879
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	20	180
06084	CAMPBELL'S Red and White, Chicken Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	20	890
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	20	650
06354	CAMPBELL'S Red and White, French Onion Soup, condensed	126.0	1.0 serving 1/2 cup	20	650
06992	HEALTHY REQUEST, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	20	410
27015	CAMPBELL'S Red and White, PHINEAS and FERB Soup, condensed	126.0	0.5 cup serving	20	790
28352	Cookies, vanilla sandwich with creme filling, reduced fat	48.0	1.0 serving cookie	20	170
06373	CAMPBELL'S Red and White, Vegetarian Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	20	650
22930	SPAGHETTIOS, Spaghetti in Tomato & Cheese Sauce	252.0	1.0 cup (1 serving)	20	950
06374	CAMPBELL'S Red and White, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	20	650
28318	Bread, french or vienna, whole wheat	48.0	1.0 slice 1 serving	20	180
06366	CAMPBELL'S Red and White, Minestrone Soup, condensed	126.0	1.0 serving 1/2 cup	20	650
06058	CAMPBELL'S Red and White, Chicken Gumbo Soup, condensed	126.0	1.0 serving 1/2 cup	20	869
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	20	485
22931	SPAGHETTIOS, SpaghettiOs Original	252.0	1.0 cup (1 serving)	20	600

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
06349	CAMPBELL'S Red and White, SCOOPY-DOO Soup, condensed	126.0	1.0 serving 1/2 cup	20	790
06367	CAMPBELL'S Red and White, New England Clam Chowder, condensed	126.0	1.0 serving 1/2 cup	20	650
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	20	2
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	20	83
09021	Apricots, raw	155.0	1.0 cup, halves	20	2
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	20	105
43276	Cheese spread, cream cheese base	28.35	1.0 oz	20	124
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	20	41
18038	Bread, oat bran, toasted	28.35	1.0 oz	20	110
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	20	93
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	20	117
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	20	96
28160	KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers	30.0	18.0 crackers	20	255
31014	PACE, Jalapenos Nacho Sliced Peppers	30.0	1.0 oz	20	300
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	20	210
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	20	350
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	30.0	15.0 crackers	20	199
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	30.0	1.0 cup (1 NLEA serving)	20	172
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	20	140
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	20	216
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	20	15
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	20	109
06237	PREGO Pasta, Heart Smart- Roasted Red Pepper and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	20	360
06239	PREGO Pasta, Tomato, Basil and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	20	420
14197	Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix	20.0	1.0 serving 1 envelope	20	170
06232	PREGO Pasta, Organic Mushroom Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	20	470
28350	Cookies, chocolate cream covered biscuit sticks	40.0	1.0 serving	20	85
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	20	190
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	20	5
06226	PREGO Pasta, Italian Sausage and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	20	480
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	20	1
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	20	198
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	20	185
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	20	1
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	20	320
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	20	6

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	20	283
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	20	145
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	20	451
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	1.0 serving (2 oz)	20	750
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	20	5
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	20	130
12156	Nuts, walnuts, glazed	28.0	1.0 oz	20	125
12157	Nuts, walnuts, dry roasted, with salt added	28.0	1.0 oz	20	180
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	20	714
28315	Bread, cinnamon	28.0	1.0 slice 1 serving	20	109
18021	Bread, boston brown, canned	28.35	1.0 oz	20	179
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	20	177
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	20	37
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	20	461
06334	CAMPBELL'S Red and White, Cream of Celery Soup, condensed	124.0	1.0 serving 1/2 cup	20	640
28329	Cookies, chocolate, made with rice cereal	62.0	1.0 cookie	20	130
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	20	10
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	20	82
06339	CAMPBELL'S, Cream of Mushroom with Roasted Garlic Soup, condensed	124.0	0.5 cup condensed	20	480
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	20	10
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	20	10
06218	CAMPBELL'S, 98% Fat Free Cream of Celery Soup, condensed	124.0	0.5 cup condensed	20	480
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	20	161
18562	ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps	32.0	1.0 serving	20	130
06343	CAMPBELL'S Red and White, Creamy Chicken Noodle Soup, condensed	124.0	1.0 serving 1/2 cup	20	870
06209	CAMPBELL'S, 98% Fat Free Cream of Broccoli Soup, condensed	124.0	0.5 cup condensed	20	701
06333	CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed	124.0	1.0 serving 1/2 cup	20	750
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	20	121
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	55.0	1.0 cup (1 NLEA serving)	20	8
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	20	127
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	20	131
09077	Crabapples, raw	110.0	1.0 cup slices	20	1
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	20	8

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	20	273
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	20	2
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	20	7
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	20	357
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	20	40
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	20	94
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	20	0
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	20	149
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	20	12
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	20	47
14621	Beverages, V8 V-FUSION Juices, Strawberry Banana	246.0	1.0 serving 8 oz	20	69
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	20	71
14622	Beverages, V8 V-FUSION Juices, Tropical	246.0	1.0 serving 8 oz	20	81
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	20	32
14620	Beverages, V8 V-FUSION Juices, Peach Mango	246.0	1.0 serving 8 oz	20	69
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	20	10
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	20	6
06396	CAMPBELL'S CHUNKY Soups, Fajita Chicken with Rice & Beans Soup	245.0	1.0 cup	20	850
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	20	333
06241	CAMPBELL'S CHUNKY Microwavable Bowls, Beef with Country Vegetables Soup, ready-to-serve	245.0	1.0 serving 1 cup	20	899
06439	CAMPBELL'S CHUNKY Soups, Savory Chicken with White & Wild Rice Soup	245.0	1.0 cup	20	811
06548	CAMPBELL'S Homestyle Chicken with White & Wild Rice Soup	245.0	1.0 cup	20	789
06388	CAMPBELL'S CHUNKY Soups, Beef with Country Vegetables Soup	245.0	1.0 cup	20	921
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	20	3
06392	CAMPBELL'S CHUNKY Soups, Chicken Broccoli Cheese & Potato Soup	245.0	1.0 cup	20	880
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	20	81
27019	CAMPBELL'S Homestyle Harvest Tomato with Basil Soup	245.0	1.0 cup	20	789
06252	CAMPBELL'S CHUNKY Microwavable Bowls, Sirloin Burger with Country Vegetables Soup, ready-to-serve	245.0	1.0 serving 1 cup	20	801
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	20	99
06242	CAMPBELL'S CHUNKY Microwavable Bowls, Chicken and Dumplings Soup, ready-to-serve	245.0	1.0 serving 1 cup	20	889
06457	CAMPBELL'S CHUNKY Soups, Slow Roasted Beef with Mushrooms Soup	245.0	1.0 cup	20	831
06389	CAMPBELL'S CHUNKY Soups, Beef with White and Wild Rice Soup	245.0	1.0 cup	20	889

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
06393	CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder	245.0	1.0 cup	20	860
06384	CAMPBELL'S CHUNKY Soups, Baked Potato with Steak & Cheese Soup	245.0	1.0 cup	20	840
18968	Bagels, wheat	98.0	1.0 bagel	20	430
06529	CAMPBELL'S Homestyle Light New England Clam Chowder	245.0	1.0 cup	20	789
06543	CAMPBELL'S Homestyle Mexican Style Chicken Tortilla Soup	245.0	1.0 cup	20	850
06504	CAMPBELL'S Red and White - Microwaveable Bowls, Tomato Soup	245.0	1.0 cup	20	789
06399	CAMPBELL'S CHUNKY Soups, Grilled Chicken & Sausage Gumbo Soup	245.0	1.0 cup	20	850
27007	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Chicken Noodle Soup	245.0	1.0 serving	20	409
06441	CAMPBELL'S CHUNKY Soups, Savory Pot Roast Soup	245.0	1.0 cup	20	789
06459	CAMPBELL'S CHUNKY Soups, Split Pea 'N' Ham Soup	245.0	1.0 cup	20	779
06438	CAMPBELL'S CHUNKY Soups, Salisbury Steak with Mushrooms & Onions Soup	245.0	1.0 serving	20	801
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	20	98
06433	CAMPBELL'S CHUNKY Soups, Old Fashioned Potato Ham Chowder	245.0	1.0 cup	20	801
06387	CAMPBELL'S CHUNKY Soups, Beef Rib Roast with Potatoes & Herbs Soup	245.0	1.0 cup	20	889
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	20	104
06403	CAMPBELL'S CHUNKY Soups, Grilled Sirloin Steak with Hearty Vegetables Soup	245.0	1.0 cup	20	889
06400	CAMPBELL'S CHUNKY Soups, Grilled Chicken with Vegetables & Pasta Soup	245.0	1.0 cup	20	880
06244	CAMPBELL'S CHUNKY Microwavable Bowls, Classic Chicken Noodle, ready-to-serve	245.0	1.0 serving 1 cup	20	789
06418	CAMPBELL'S CHUNKY Soups, Hearty Chicken with Vegetables Soup	245.0	1.0 serving	20	710
06502	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Rice Soup	245.0	1.0 cup	20	801
18059	Bread, rice bran	28.35	1.0 oz	20	76
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	20	27
02014	Spices, cumin seed	2.1	1.0 tsp, whole	20	4
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	20	51
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	20	52
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	20	42
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	20	163
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	20	33
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	20	44
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	20	49
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	20	78
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	20	77

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	20	48
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	20	42
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	20	42
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	20	73
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	20	57
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	20	44
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	20	46
15268	Fish, cod, Pacific, raw (not previously frozen)	85.0	3.0 oz	20	93
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	20	49
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	20	54
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	20	70
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	20	48
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	20	2
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	20	852
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	20	816
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	20	581
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	20	793
16246	SILK Nog, soymilk	122.0	0.5 cup	20	74
28265	KEEBLER, Cheese & Peanut Butter Sandwich Crackers	39.0	1.0 package	20	329
06220	PREGO Pasta, Chunky Garden Mushroom and Green Pepper Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	20	471
06223	PREGO Pasta, Flavored with Meat Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	20	480
28256	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type	39.0	1.0 package	20	329
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	20	2
06228	PREGO Pasta, Mini Meatball Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	20	480
06224	PREGO Pasta, Fresh Mushroom Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	20	480
06994	PREGO Pasta, Chunky Garden Combination Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	20	471
06932	PREGO Pasta, Traditional Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	20	480
06235	P REGO Pasta, Roasted Garlic and Herb Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	20	460
06229	PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	20	471
27033	PREGO Pasta, Heart Smart- Traditional Sauce, ready-to-serve	130.0	0.5 cup	20	360
06240	PREGO Pasta, Zesty Mushroom Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	20	530
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	19	308
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	19	275
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	243.0	8.0 fl oz	19	141

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
31006	CAMPBELL'S, Organic Tomato juice	243.0	8.0 fl oz	19	680
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	19	7
31001	CAMPBELL'S, Tomato juice	243.0	8.0 fl oz	19	680
06314	Soup, HEALTHY CHOICE Chicken Noodle Soup, canned	243.0	1.0 serving 1 cup	19	474
31007	HEALTHY REQUEST Tomato juice	243.0	8.0 fl oz	19	481
31002	CAMPBELL'S, Tomato juice, low sodium	243.0	8.0 fl oz	19	141
31012	CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8	243.0	8.0 fl oz	19	141
31005	CAMPBELL'S, V8 Vegetable Juice, Organic V8	243.0	8.0 fl oz	19	481
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	19	8
20141	Spelt, cooked	194.0	1.0 cup	19	10
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	19	2
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	19	294
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	19	57
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	19	66
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	19	59
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	19	480
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	19	58
18214	Crackers, cheese, regular	14.2	0.5 oz	19	138
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	19	434
18044	Bread, pumpernickel	28.35	1.0 oz	19	169
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	19	155
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	55.0	30.0 biscuits (1 NLEA serving)	19	1
11248	Lentils, sprouted, raw	77.0	1.0 cup	19	8
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	19	3
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	19	558
09507	Fruit juice smoothie, NAKED JUICE, MIGHTY MANGO	240.0	8.0 fl oz	19	10
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	19	120
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	19	24
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	19	8
06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	19	554
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	19	8
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	240.0	8.0 fl oz	19	--
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	19	116

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	19	258
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	19	33
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	19	475
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	19	264
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	19	58
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	19	120
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	19	264
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	19	103
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	19	3
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	213.0	1.0 can (1 serving)	19	479
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	19	205
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	19	5
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	19	508
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	19	5
28379	PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread	28.0	1.0 serving	19	96
14609	Beverages, V8 SPLASH Juice Drinks, Diet Strawberry Kiwi	238.0	1.0 serving	19	31
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	19	332
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	19	33
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	19	11
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	19	3
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	19	10
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	19	607
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	19	96
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	19	86
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	19	9
14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	19	9
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	31.0	0.75 cup (1 NLEA serving)	19	99
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	19	190
18976	KASHI, TLC, Country Cheddar Crackers	30.0	18.0 cracker	19	217
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	19	1
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	19	55
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	19	81
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	19	206
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	19	81

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	19	80
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	19	9
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	19	8
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	19	1
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	40.0	0.5 cup	19	1
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	19	2
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	19	2
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	19	2
22971	Potato salad with egg	125.0	0.5 cup	19	411
28374	VAN'S, Gluten Free, Totally Original Pancakes	48.0	1.0 pancake	19	159
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	19	159
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	19	228
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	19	34
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	19	50
18414	Bread, raisin, unenriched	28.35	1.0 oz	19	111
18039	Bread, oatmeal	28.35	1.0 oz	19	127
18047	Bread, raisin, enriched	28.35	1.0 oz	19	98
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	19	46
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	19	15
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	19	48
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	19	52
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	19	76
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	19	49
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	19	56
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	19	62
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	19	57
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	19	51
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	19	76
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	19	81
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	19	62
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	19	48
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	19	74

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	19	58
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	19	61
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	19	57
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	19	51
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	19	50
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	19	42
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	19	58
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	19	56
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	19	48
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	19	98
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	19	63
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	19	54
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	19	50
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	19	50
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	19	51
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	19	49
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	19	57
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	19	69
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	19	63
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	19	58
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	19	3
28348	Rolls, dinner, sweet	30.0	1.0 roll	19	76
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	19	270
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	64.0	1.0 patty	19	243
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	32.0	0.75 cup (1 NLEA serving)	19	209
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	19	190
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	18	226
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	18	150

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	18	7
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	56.0	1.0 cup (1 NLEA serving)	18	208
18037	Bread, oat bran	28.35	1.0 oz	18	100
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	18	243
43214	Butter replacement, without fat, powder	80.0	1.0 cup	18	960
19892	Frozen novelties, Sugar Free, CREAMSICLE Pops	80.0	1.0 serving 2 pops	18	5
11147	Chard, swiss, raw	36.0	1.0 cup	18	77
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	18	262
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	18	32
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	18	346
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	18	35
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	18	102
20013	Bulgur, cooked	182.0	1.0 cup	18	9
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	18	112
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	18	71
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	18	98
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	18	91
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	18	94
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	18	87
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	18	699
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	18	88
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	18	109
11446	Seaweed, laver, raw	26.0	10.0 sheets	18	12
06971	Sauce, worcestershire	17.0	1.0 tbsp	18	167
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	18	25
09176	Mangos, raw	165.0	1.0 cup pieces	18	2
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	33.0	0.75 cup (1 NLEA serving)	18	83
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	18	1
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	55.0	24.0 biscuits (1 NLEA serving)	18	9
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	18	153
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	18	10
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	18	68
18170	Cookies, fig bars	28.35	1.0 oz	18	99
03211	Babyfood, cereal, high protein, with apple and orange, dry	2.4	1.0 tbsp	18	2
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	18	227

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	18	443
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	18	10
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	18	97
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	18	0
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	30.4	1.0 fl oz	18	5
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	18	358
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	18	5
18283	Muffins, oat bran	28.35	1.0 oz	18	111
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	18	66
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	18	241
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	18	99
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	18	36
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	18	133
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	18	34
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	18	69
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	18	57
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	18	54
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	18	47
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	18	68
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	18	45
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	18	71
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	18	185
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	18	76
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	18	56
15097	Fish, sheepshead, raw	85.0	3.0 oz	18	60
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	18	251
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	18	30
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	18	248
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	18	41
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	18	58

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	18	96
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	18	82
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	18	66
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	18	48
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	18	57
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	18	30
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	18	78
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	18	45
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	18	54
02017	Spices, dill weed, dried	1.0	1.0 tsp	18	2
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	18	1558
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	18	107
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	18	392
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	18	6
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	18	6
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	18	9
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	31.0	0.75 Cup (1 NLEA serving)	18	106
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	18	5
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	18	449
06056	Soup, cream of shrimp, canned, condensed	126.0	0.5 cup	18	863
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	18	1
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	18	885
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	18	15
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	18	15
18567	KRAFT, STOVE TOP Stuffing Mix Chicken Flavor	28.0	1.0 NLEA serving (makes 1/2 cup prepared)	18	429
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	18	108
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	18	2
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	40.0	0.5 cup	18	3
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	18	693
08708	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle, raisin	55.0	24.0 Biscuits (1 NLEA serving)	18	2

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	18	693
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	18	3
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	18	8
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	18	8
09434	Guanabana nectar, canned	251.0	1.0 cup	18	20
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	18	2
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	18	2
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	18	52
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	17	2
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	17	617
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	17	0
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	17	10
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	17	87
20090	Rice flour, brown	158.0	1.0 cup	17	13
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	17	36
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	17	843
11976	Pepper, banana, raw	124.0	1.0 cup	17	16
01173	Egg, white, dried	28.0	1.0 oz	17	358
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	17	54
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	17	7
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	17	213
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	17	5
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	17	152
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	17	0
20006	Barley, pearled, cooked	157.0	1.0 cup	17	5
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	17	633
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	17	1416
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	17	488
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	17	1406
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	17	663
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	17	74
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	17	64
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	17	7
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	17	190
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	17	265

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	17	111
09428	Rowal, raw	114.0	0.5 cup	17	5
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	17	190
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	17	2
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	17	190
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	17	31
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	17	122
19524	Snacks, taro chips	28.35	1.0 oz	17	97
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	17	1503
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	17	118
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	17	114
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	17	54
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	17	174
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	17	48
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	17	52
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	17	56
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	17	2
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	17	56
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	17	77
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	17	48
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	17	57
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	17	47
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	17	48
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	17	31
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	17	50
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	17	48
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	17	76
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	17	66
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	17	76

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	17	49
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	17	54
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	17	43
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	17	69
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	17	59
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	17	48
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	17	48
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	17	67
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	17	65
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	17	75
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	17	49
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	17	384
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	17	76
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	17	77
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	17	2
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	17	61
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	17	854
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	17	564
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	17	0
01179	Sour cream, light	12.0	1.0 tablespoon	17	10
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	17	8
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	17	28
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	17	109
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	17	906
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	17	892
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	17	295
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	17	40
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	17	21
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	17	105
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	56.0	1.0 Cup (1 NLEA serving)	17	1
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	17	231
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	17	23

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	17	133
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	17	91
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	17	94
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	17	240
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	17	19
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	17	116
18344	Rolls, dinner, egg	28.35	1.0 oz	17	160
18103	Coffeecake, cheese	28.35	1.0 oz	17	96
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	17	10
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	38.0	1.0 patty	17	255
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	17	6
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	14.5	1.0 packet	17	41
20647	Millet flour	119.0	1.0 cup	17	5
06121	Gravy, mushroom, canned	238.0	1.0 cup	17	1357
09143	Guava sauce, cooked	238.0	1.0 cup	17	10
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	17	34
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	17	9
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	17	563
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	17	941
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	17	99
28371	UD'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	17	144
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	17	144
28360	MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free	7.4	3.0 crackers	17	43
20030	Hominy, canned, white	165.0	1.0 cup	16	569
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	16	3
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	16	137
09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	16	4
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	16	6
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	16	6
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	16	116
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	16	254
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	16	530
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	16	890
06989	CAMPBELL'S HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	16	399

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
06375	CAMPBELL'S, Vegetable Beef Soup, condensed	126.0	0.5 cup condensed	16	827
35200	Prairie Turnips, raw (Northern Plains Indians)	12.6	1.0 bulb peeled	16	1
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	16	370
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	16	878
14277	Beverages, grape drink, canned	31.3	1.0 fl oz	16	5
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	16	1
19146	Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	16	10
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	16	280
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	16	308
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	16	8
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	16	215
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	16	46
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	16	366
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	16	699
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	16	89
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	16	126
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	16	6
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	16	6
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	16	26
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	16	7
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	16	11
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	16	102
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	16	97
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	16	130
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	16	315
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	16	232
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	16	71
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	16	58
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	16	65
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	16	37
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	16	65

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	16	54
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	16	68
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	16	54
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	16	58
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16	47
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	16	40
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	16	50
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	16	47
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	16	52
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	16	46
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	16	46
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	16	53
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	16	49
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	16	57
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	16	1345
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	16	36
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	16	96
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	16	77
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	16	58
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	16	11
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	16	69
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	16	79
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	16	73
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	16	93
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	16	77
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	16	54
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	16	63

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	16	80
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	16	41
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	16	65
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	16	44
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	16	46
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	16	53
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	16	45
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	16	71
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	16	593
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	16	599
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	16	65
06377	CAMPBELL'S, Tomato Soup, condensed	124.0	0.5 cup condensed	16	467
06336	CAMPBELL'S, Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	16	774
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	16	410
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	16	11
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	16	5
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	16	72
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	16	457
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	16	37
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	16	0
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	16	191
20330	Hominy, canned, yellow	160.0	1.0 cup	16	552
09062	Cherimoya, raw	160.0	1.0 cup, pieces	16	11
20031	Millet, raw	200.0	1.0 cup	16	10
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	50.0	0.5 cup	16	217
14195	Beverages, Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows	20.0	1.0 serving 1 envelope	16	160
36039	Restaurant, family style, hash browns	94.0	1.0 cup	16	440
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	16	0
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	16	39
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	16	75
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	16	179
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	16	235

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	16	222
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	16	235
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	16	184
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	16	10
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	55.0	29.0 biscuits (1 NLEA serving)	16	3
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	16	28
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	30.0	7.0 cracker	16	72
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	16	7
35236	Stew, pinto bean and hominy, badujsuki (Hopi)	227.0	8.0 oz	16	102
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	16	49
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	16	7
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	16	42
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	16	9
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	113.0	1.0 oz crumbles	16	66
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	16	12
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	16	5
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	16	2
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	16	2
20061	Rice flour, white, unenriched	158.0	1.0 cup	16	0
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	16	604
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	16	604
16107	Sausage, meatless	25.0	1.0 link	16	222
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	16	192
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	16	27
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	16	72
10853	HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored	112.0	4.0 oz	16	665
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	16	6
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	16	136
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	16	5
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	16	1
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	16	5
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	16	5
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	16	2
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	16	278
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	16	13
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	16	14

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	16	102
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	16	27
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	16	590
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	16	288
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	16	169
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	16	514
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	16	378
09276	Pitanga, (surinam-cherry), raw	173.0	1.0 cup	16	5
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	16	5
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	16	5
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	16	5
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	16	5
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	16	13
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	16	4
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	16	5
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	50.0	1.0 pastry	16	190
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	15	14
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	15	128
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	15	101
03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	15	1
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	15	23
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	15	102
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	15	1723
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	15	83
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	15	77
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	15	106
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	15	105
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	15	1
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	15	1026
16532	WORTHINGTON Prosage Roll, frozen, unprepared	55.0	1.0 slice , 5/8"	15	367
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	15	133
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	15	323
02036	Spices, rosemary, dried	1.2	1.0 tsp	15	1
09421	Dates, medjool	24.0	1.0 date, pitted	15	0
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	15	77

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	15	3
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	15	100
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	15	117
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	15	100
12059	Nuts, acorns, dried	28.35	1.0 oz	15	0
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	15	54
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	15	65
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	15	45
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	15	53
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	15	72
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	15	5
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	15	66
17213	Veal, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	15	58
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	15	38
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	15	48
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	15	47
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	15	64
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	15	42
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	15	56
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	15	46
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	15	54
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	15	48
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	15	116
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	15	70
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	15	57
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	15	46
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	15	65
15129	Fish, turbot, european, raw	85.0	3.0 oz	15	128

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	15	54
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	15	45
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	15	64
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	15	67
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	15	65
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	15	49
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	15	61
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	15	49
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	15	49
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	15	65
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	15	83
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	15	44
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	15	64
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	15	54
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	15	124
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	15	--
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	15	66
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	15	128
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	15	66
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	15	55
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	15	37
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	15	43
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	15	85
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	15	42
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	15	42
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	15	32
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	15	5
11418	Pumpkin leaves, raw	39.0	1.0 cup	15	4

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
16518	WORTHINGTON Saucettes, canned, unprepared	38.0	1.0 link	15	202
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	15	5
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	15	447
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	38.0	1.0 patty	15	209
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	15	318
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	15	1529
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsp	15	0
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	15	88
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	54.0	21.0 biscuits (1 NLEA serving)	15	1
06986	CAMPBELL'S HEALTHY REQUEST, Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	15	421
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	15	493
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	15	410
06212	CAMPBELL'S, 25% Less Sodium Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	15	562
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	15	871
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	15	3
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	15	480
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	52.0	1.0 pastry	15	213
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	15	1
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	15	101
18241	Croissants, cheese	28.35	1.0 oz	15	102
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	15	58
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	15	263
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	15	104
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	15	308
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	25.0	1.0 slice	15	128
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	15	87
01180	Sour cream, fat free	12.0	1.0 tablespoon	15	17
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	15	816
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	15	314
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	25.0	1.0 slice	15	128
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	15	10
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	15	13
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	15	217
02034	Spices, poultry seasoning	1.5	1.0 tsp	15	0

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	15	17
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	15	36
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	15	7
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	15	4
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	15	305
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	15	178
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	15	--
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	15	12
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	15	429
19194	Puddings, rice, dry mix	106.0	1.0 package	15	388
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	15	175
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	15	70
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	15	70
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	15	68
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	15	70
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	15	282
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	15	132
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	15	84
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	15	101
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	15	171
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	15	132
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	15	8
18629	PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	64.0	1.0 biscuit	15	547
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	15	50
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	15	2554
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	15	121
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	15	7
09152	Lemon juice, raw	244.0	1.0 cup	15	2
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	15	153
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	15	5
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	15	46
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	15	16
20648	Sorghum flour, whole-grain	121.0	1.0 cup	15	4

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	15	10
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	15	--
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	15	27
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	50.0	1.0 cup (1 NLEA serving)	14	146
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	14	199
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	14	5
02005	Spices, caraway seed	2.1	1.0 tsp	14	0
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	14	966
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	14	43
18147	Cheesecake commercially prepared	28.35	1.0 oz	14	124
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	14	75
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	14	44
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	14	68
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	14	175
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	14	42
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	14	61
15128	Fish, tuna salad	85.0	3.0 oz	14	342
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	14	49
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	14	57
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	14	83
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	14	64
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	14	53
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	14	65
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	14	58
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	14	21
15269	Fish, cod, Pacific, cooked (not previously frozen)	85.0	3.0 oz	14	114

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	14	39
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	14	54
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	14	47
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	14	71
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	14	48
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	14	59
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	14	56
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	14	88
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	14	54
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	14	73
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	14	53
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	14	72
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	14	73
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	14	89
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	14	60
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	14	53
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	14	58
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	14	55
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	14	57
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	14	42
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	14	73
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	14	44
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	14	47
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	14	49
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	14	60
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	14	59

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
16507	LOMA LINDA Redi-Burger, canned, unprepared	85.0	1.0 slice , 5/8"	14	432
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	14	88
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	14	53
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	14	69
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	14	67
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	14	42
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	14	55
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	14	70
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	14	58
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	14	88
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	14	49
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	14	57
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	14	59
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	14	71
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	14	48
16508	LOMA LINDA Tender Bits, canned, unprepared	85.0	6.0 pieces	14	521
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	14	44
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	14	41
35201	Prairie Turnips, boiled (Northern Plains Indians)	14.0	1.0 bulb	14	1
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	14	5
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	14	893
11603	Yambean (jicama), raw	120.0	1.0 cup slices	14	5
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	14	3
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	14	156
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	14	5
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	14	117
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	14	288
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	14	18
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	14	17

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	14	17
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	14	3
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	14	226
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	55.0	25.0 biscuits (1 NLEA serving)	14	2
14248	Alcoholic beverage, beer, light, higher alcohol	356.0	12.0 fl oz	14	--
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	14	286
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	14	--
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	43.0	6.0 cracker 1 serving	14	273
15075	Fish, sablefish, smoked	28.35	1.0 oz	14	209
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	14	197
05157	Quail, meat and skin, raw	109.0	1.0 quail	14	58
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	14	42
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	14	110
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	14	283
01017	Cheese, cream	14.5	1.0 tbsp	14	46
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	14	1
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	14	7
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	14	1501
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	14	118
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	14	1305
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	14	244
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	116.0	1.0 cup spaghetti not packed	14	7
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	14	267
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	14	22
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	14	40
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	14	216
06363	CAMPBELL'S, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	14	931
09413	Pears, raw, red anjou	126.0	1.0 small	14	1
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	14	77
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	14	2
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	14	84
16517	WORTHINGTON Prime Stakes, canned, unprepared	92.0	1.0 piece	14	442
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	14	108
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	14	511

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	14	485
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	14	2
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	14	134
08539	Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST	55.0	28.0 biscuits (1 NLEA serving)	14	2
19255	Candies, MARS SNACKFOOD US, DOVE Dark Chocolate	37.0	1.0 serving 1.3 oz bar	14	1
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	14	72
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	14	62
06219	CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	14	713
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	14	443
18243	Croutons, seasoned	14.2	0.5 oz	14	155
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	14	110
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	14	46
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	14	57
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	14	95
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	14	79
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	14	57
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	14	52
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	14	39
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	14	21
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	14	171
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	14	57
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	14	59
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	14	50
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	14	57
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	14	55
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	14	280
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	14	51
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	14	56

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	14	56
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	14	37
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	14	51
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	14	42
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	14	55
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	14	81
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	14	242
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	14	41
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	14	62
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	14	85
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	14	95
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	14	64
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	14	171
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	14	59
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	14	82
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	14	61
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	14	171
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	14	54
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	14	65
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	14	37
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	14	74
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	14	54
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	14	40
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	14	46

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	14	51
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	14	133
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	14	68
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	14	46
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	14	68
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	14	55
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	14	60
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	14	57
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	14	36
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	14	42
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	14	55
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	14	60
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	14	57
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	14	63
02002	Spices, anise seed	2.1	1.0 tsp, whole	14	0
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	14	6
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	14	75
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	14	88
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	14	14
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	14	6
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	14	156
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	14	8
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	14	138
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	14	339
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	14	213
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	14	346
21238	McDONALD'S, french fries	71.0	1.0 small serving	13	134
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	13	101

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	13	2
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	13	640
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	13	17
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	13	5
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	13	5
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	13	307
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	13	141
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	13	12
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	13	42
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	13	162
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	13	42
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	13	204
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	13	85
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	13	70
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	13	8
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	13	496
21140	Side dishes, potato salad	95.0	0.333 cup	13	312
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	13	8
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	13	161
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	13	--
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	13	--
02011	Spices, cloves, ground	2.1	1.0 tsp	13	6
20065	Rye flour, light	102.0	1.0 cup	13	2
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	13	61
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	13	6
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	13	3
18220	Crackers, melba toast, plain	14.2	0.5 oz	13	85
07973	Turkey bacon, microwaved	8.1	1.0 slice	13	164
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	13	7
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	13	664
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	13	162
16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	55.0	2.0 slices , 3/8"	13	417
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	13	73
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	13	314

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	13	6
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	13	326
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	13	366
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	13	88
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	13	1049
07912	Roast beef spread	57.0	1.0 serving .25 cup	13	413
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	13	93
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	13	170
18191	Cookies, raisin, soft-type	28.35	1.0 oz	13	119
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	13	100
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	13	69
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	13	126
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	13	100
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	13	8
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	13	53
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	13	100
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	13	144
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	13	73
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	13	230
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	13	100
11213	Endive, raw	25.0	0.5 cup, chopped	13	6
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	52.0	1.0 pastry	13	166
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	13	7
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	13	10
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	37.0	1.0 bar	13	108
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	13	280
18360	Taco shells, baked	12.9	1.0 shell	13	42
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	13	88
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	13	2
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	13	2
11416	Pumpkin flowers, raw	33.0	1.0 cup	13	2
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	13	170
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	13	217
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	13	1

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	13	5
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	13	5
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	13	62
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	13	8
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	13	149
02013	Spices, coriander seed	1.8	1.0 tsp	13	1
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	116.0	1.0 cup spaghetti not packed	13	5
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	13	75
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	13	1
18106	Coffeecake, fruit	28.35	1.0 oz	13	109
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	13	740
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	13	60
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	13	38
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	13	38
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	13	60
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	13	46
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	13	48
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	13	65
15023	Fish, mahimahi, raw	85.0	3.0 oz	13	75
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	13	70
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	13	53
15004	Fish, bass, striped, raw	85.0	3.0 oz	13	59
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	13	60
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	13	56
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	13	48
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	13	50
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	13	64
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	13	69

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	13	38
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	13	132
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	13	39
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	13	60
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	13	34
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	13	39
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	13	42
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	13	48
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	13	39
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	13	58
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	13	52
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	13	53
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	13	201
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	13	56
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	13	156
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	13	43
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	13	69
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	13	69
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	13	494
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	13	253
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	13	67
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	13	39
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	13	62
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	13	65
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	13	295
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	13	39
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	13	97

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	13	66
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	13	92
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	13	70
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	13	142
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	13	52
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	13	48
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	13	190
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	13	74
19222	Desserts, rennin, vanilla, dry mix	10.8	1.0 tbsp	13	1
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	13	491
06042	Soup, mushroom barley, canned, condensed	126.0	0.5 cup (4 fl oz)	13	722
09138	Groundcherries, (cape-gooseberries or poha), raw	140.0	1.0 cup	13	--
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	13	1
14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	13	40
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	13	194
09252	Pears, raw	140.0	1.0 cup, slices	13	1
21249	BURGER KING, french fries	74.0	1.0 small serving	13	206
20029	Couscous, cooked	157.0	1.0 cup, cooked	13	8
02001	Spices, allspice, ground	1.9	1.0 tsp	13	1
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	13	--
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	13	129
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	13	379
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	13	141
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	12	10
21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	12	288
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	12	10
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	50.0	1.0 pastry	12	216
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	52.0	1.0 pastry	12	185
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	12	60
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	52.0	1.0 pastry	12	166
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	52.0	1.0 pastry	12	207
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	12	84
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	12	0
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	12	95

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	12	281
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	12	304
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	30.4	1.0 fl oz	12	4
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	12	17
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	12	17
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	12	36
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	12	98
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	12	72
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	12	2
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	12	831
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	12	897
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	12	38
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	12	--
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	12	318
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	12	53
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	12	140
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	12	408
18635	PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough	44.0	1.0 serving 1 roll with icing	12	343
19164	Candies, SPECIAL DARK Chocolate Bar	41.0	1.0 bar 1.45 oz	12	2
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	12	81
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	12	84
15022	Fish, cusk, raw	122.0	1.0 fillet	12	38
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	12	815
06442	Soup, mushroom barley, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	12	891
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	12	0
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	12	117
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	12	58
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	12	97
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	12	756
18025	Bread, cracked-wheat	28.35	1.0 oz	12	153
07061	Mother's loaf, pork	28.35	1.0 oz	12	320
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	12	82
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	12	115
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	12	97
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	12	36
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	12	49

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	12	3
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	12	28
06481	Soup, chicken broth cubes, dry, prepared with water	243.0	1.0 cup (8 fl oz)	12	792
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	12	3
01056	Cream, sour, cultured	12.0	1.0 tbsp	12	4
07911	Liverwurst spread	55.0	0.25 cup	12	385
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	12	3
16560	MORNINGSTAR FARMS Corn Dog, frozen, unprepared	71.0	1.0 dog	12	473
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	12	10
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	12	199
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	12	75
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	12	146
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	12	311
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	50.0	0.75 Cup (1 NLEA serving)	12	140
18979	KASHI, H2H Woven Wheat Cracker, Original	30.0	7.0 cracker	12	85
05158	Quail, meat only, raw	92.0	1.0 quail	12	47
02023	Spices, marjoram, dried	0.6	1.0 tsp	12	0
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	12	43
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	28.35	1.0 oz	12	132
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	12	65
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	12	40
15045	Fish, lingcod, raw	85.0	3.0 oz	12	50
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	12	42
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	12	55
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	12	42
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	12	54
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	12	83
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	12	60
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	12	37
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	12	40

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	12	37
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	12	56
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	12	36
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	12	72
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	12	140
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	12	54
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	12	54
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	12	52
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	12	48
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	12	52
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	12	50
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	12	37
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	12	46
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	12	64
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	12	55
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	12	55
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	12	48
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	12	56
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	12	44
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	12	74
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	12	55
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	12	62
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	12	90

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	12	60
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	12	37
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	12	71
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	12	69
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	12	58
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	12	75
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	12	54
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	12	320
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	12	65
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	12	57
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	12	67
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	12	54
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	12	44
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	12	50
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	12	54
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	12	50
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	12	48
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	12	36
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	12	153
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	12	64
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	12	54
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	12	54
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	12	39
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	12	85

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	12	201
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	12	46
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	12	55
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	12	49
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	12	72
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	12	724
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	12	55
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	12	60
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	12	36
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	12	88
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	12	105
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	12	54
31029	Potatoes, french fried, wedge cut, frozen, unprepared	85.0	3.0 oz	12	323
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	12	21
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	12	56
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	12	65
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	12	49
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	12	175
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	12	54
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	12	65
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	12	48
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	12	63
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	12	53
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	12	68
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	12	56

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	12	36
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	12	56
05286	Turkey and gravy, frozen	85.0	3.0 oz	12	471
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	12	71
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	12	37
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	12	165
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	12	64
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	12	53
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	12	40
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	12	72
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	12	66
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	12	42
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	12	76
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	12	1753
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	12	1427
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	12	44
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	12	59
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	12	9
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	12	7
09149	Kumquats, raw	19.0	1.0 fruit without refuse	12	2
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	12	323
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	12	90
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	12	520
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	12	7
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	12	7
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	12	513
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	12	446
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	45.0	2.0 links	12	302
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	12	124
16531	WORTHINGTON Prosage Links, frozen, unprepared	45.0	2.0 links	12	369

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	12	148
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	12	57
06120	Gravy, chicken, dry	8.0	1.0 tbsp	12	332
15055	Fish, mullet, striped, raw	28.35	1.0 oz	12	18
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	12	131
12058	Nuts, acorns, raw	28.35	1.0 oz	12	0
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	12	84
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	12	80
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	28.35	1.0 oz	12	200
20314	Corn grain, white	166.0	1.0 cup	12	58
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	12	7
20014	Corn grain, yellow	166.0	1.0 cup	12	58
18963	Garlic bread, frozen	43.0	1.0 slice presliced	12	234
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	12	17
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	12	360
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	12	53
15261	Fish, tilapia, raw	116.0	1.0 fillet	12	60
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	12	1
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	12	300
02038	Spices, sage, ground	0.7	1.0 tsp	12	0
11975	Grape leaves, canned	4.0	1.0 leaf	12	114
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	12	129
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	12	256
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	12	10
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	12	114
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	12	68
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	12	89
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	12	70
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	12	74
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	11	300
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	52.0	1.0 pastry	11	166
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	11	214
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	11	783
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	11	319
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	11	74

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	11	105
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	11	111
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	11	177
11362	Potatoes, raw, skin	38.0	1.0 skin	11	4
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	11	155
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	11	124
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	11	25
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	11	788
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	11	208
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	11	216
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	11	350
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	11	64
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	11	75
09040	Bananas, raw	225.0	1.0 cup, mashed	11	2
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	11	430
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	11	16
07254	Turkey bacon, unprepared	14.0	1.0 serving	11	150
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	11	1939
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	11	1684
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	11	133
07070	Salami, cooked, turkey	28.0	1.0 serving	11	310
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	11	1317
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	11	2100
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	80.0	6.0 pieces	11	354
09423	Prune puree	36.0	2.0 tbsp	11	8
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	11	300
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	11	7
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	31.0	1.0 Cup (1 NLEA serving)	11	188
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	11	905
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	11	218
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	11	221
21386	BURGER KING, french toast sticks	21.0	1.0 stick	11	90
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	11	128
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	11	325
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	11	366
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	11	149

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	11	136
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	11	147
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	11	102
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	11	81
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11	67
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	11	71
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11	48
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	11	42
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	11	54
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	11	56
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	11	68
31030	Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared	85.0	3.0 oz	11	26
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	11	55
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	11	202
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	11	45
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	11	54
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	11	53
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	11	54
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	11	42
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	11	45
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	11	71
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	11	43
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	11	450
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	11	54
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	11	42
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	11	54
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	11	48
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	11	62

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	11	51
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	11	46
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	11	47
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	11	46
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	11	37
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	11	51
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	11	54
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	11	48
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	11	47
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	11	202
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	11	46
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	11	279
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	11	183
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	11	86
31031	Potatoes, french fried, cross cut, frozen, unprepared	85.0	3.0 oz	11	334
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	11	71
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11	44
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	11	91
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	11	37
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11	44
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11	70
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	11	50
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	11	46
15267	Fish, pollock, Alaska, cooked (not previously frozen)	85.0	3.0 oz	11	141
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	11	65
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	11	46

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	11	45
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	11	68
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	11	57
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	11	53
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	11	42
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	11	45
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	11	55
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11	48
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11	38
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	11	54
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	11	48
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	11	72
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	11	46
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	11	56
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	11	54
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	11	59
05154	Pheasant, raw, meat only	85.0	3.0 oz	11	31
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11	48
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	11	67
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	11	54
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	11	46
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	11	42
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	11	202
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	11	49
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	11	74

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	11	42
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	11	54
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	11	54
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11	38
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	11	42
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	11	72
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	11	266
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	11	60
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	11	62
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	11	60
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11	44
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	11	56
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	11	46
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	11	48
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	11	47
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11	44
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	11	56
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	11	52
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	11	46
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	11	52
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	11	52
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	11	42
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	11	43
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	11	46

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11	48
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	11	202
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	11	58
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	11	59
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	11	46
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	11	646
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	11	1918
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	11	173
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	11	22
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	11	36
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	11	50
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	11	150
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	11	1889
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	271.0	1.0 cup	11	8
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	11	338
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	11	90
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	11	139
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	11	76
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	11	98
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	11	3
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	11	5
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	11	324
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	11	256
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	11	324
18242	Croutons, plain	14.2	0.5 oz	11	99
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	11	15
09326	Watermelon, raw	154.0	1.0 cup, balls	11	2
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	11	92
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	11	97
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	11	13
08569	Cereals, KASHI HEART TO HEART, Instant Oatmeal, golden brown maple, dry	43.0	1.0 packet (1 NLEA serving)	11	95
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	11	5
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	11	602
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	11	431
18529	ARCHWAY Home Style Cookies, Frosty Lemon	26.0	1.0 serving	11	117

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	11	286
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	11	141
07930	Yachtwurst, with pistachio nuts, cooked	56.0	1.0 serving 2 oz	11	524
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	11	272
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	11	40
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	11	570
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	16.0	0.25 cup (1 NLEA serving)	11	1
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	11	123
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	11	60
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	11	44
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	11	2
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	11	90
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	10	6
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	10	178
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	10	23
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	10	106
02015	Spices, curry powder	2.0	1.0 tsp	10	1
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	10	571
15005	Fish, bluefish, raw	150.0	1.0 fillet	10	90
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	10	571
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	10	6
08608	Cereals ready-to-eat, KASHI Berry Blossom	30.0	0.75 cup (1 NLEA serving)	10	126
18239	Croissants, butter	28.35	1.0 oz	10	132
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	10	109
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	10	3
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	10	9
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	10	76
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	10	4
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	10	123
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	10	136
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	10	142
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	10	6
11978	Peppers, ancho, dried	17.0	1.0 pepper	10	7
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	10	899
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	10	6
20133	Rice noodles, dry	57.0	2.0 oz	10	104

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	10	3
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	10	62
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	10	21
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	10	53
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	10	31
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	10	31
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	10	499
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	10	668
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	10	0
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	10	545
06126	Gravy, turkey, dry	7.0	1.0 serving	10	307
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	10	137
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	10	82
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	10	7
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	10	108
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	10	198
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	10	71
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	10	486
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10	69
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	10	71
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10	66
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	10	58
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	10	73
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	10	60
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	10	46
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	10	69
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	10	84
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	10	60
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	10	58
07059	Polish sausage, pork	85.0	3.0 oz	10	745
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	10	774

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	10	710
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	10	62
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	10	62
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	10	58
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	10	40
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	10	58
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	10	49
15266	Fish, pollock, Alaska, raw (not previously frozen)	85.0	3.0 oz	10	135
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10	65
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	10	71
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	10	698
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	10	58
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	10	73
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	10	49
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	10	1051
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	10	42
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10	72
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10	71
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	10	632
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10	68
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	10	56
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	10	34
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	10	31
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	10	57
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	10	65
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10	62
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	10	62
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	10	82
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	10	46

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	10	44
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	10	61
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	10	61
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10	61
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	10	65
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	10	58
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10	65
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	10	157
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	10	50
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	10	57
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	10	60
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10	70
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	10	49
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	10	76
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	10	72
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	10	168
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	10	62
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	10	37
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	10	114
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10	63
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10	70
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10	63
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	10	88
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	10	57
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	10	167
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	10	65

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10	69
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	10	83
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	10	74
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	10	49
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	10	70
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10	65
17142	Veal, ground, raw	85.0	3.0 oz	10	88
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	10	91
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	10	71
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	10	71
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	10	48
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	10	79
02030	Spices, pepper, black	2.3	1.0 tsp, ground	10	0
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	10	75
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	10	198
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	10	107
17353	Lamb, Australian, ground, 85% lean / 15% fat, raw	113.0	1.0 serving (4 oz)	10	87
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	10	80
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	10	64
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	10	51
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	10	--
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	10	328
09296	Quinces, raw	92.0	1.0 fruit without refuse	10	4
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	10	56
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	10	343
18235	Crackers, whole-wheat	28.0	1.0 serving	10	197
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	10	693
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	10	974
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	10	93
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	10	307
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	10	52
11151	Chicory, witloof, raw	53.0	1.0 head	10	1
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	10	924

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	10	109
18245	Danish pastry, cheese	28.35	1.0 oz	10	118
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	10	182
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	10	92
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	10	157
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	10	93
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	10	5
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	10	150
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	10	14
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	248.0	8.0 fl oz	10	20
06195	CAMPBELL'S, HEALTHY REQUEST, cream of chicken soup, condensed	124.0	0.5 cup condensed	10	430
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	10	9
27034	CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	10	486
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	30.0	0.75 cup (1 NLEA serving)	10	136
09279	Plums, raw	165.0	1.0 cup, sliced	10	0
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	10	190
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	10	99
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	10	165
18631	PILLSBURY, Crusty French Loaf, refrigerated dough	52.0	1.0 serving	10	299
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	10	7
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	10	15
18538	ARCHWAY Home Style Cookies, Oatmeal Raisin	26.0	1.0 serving	10	88
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	10	15
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	10	5
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	10	5
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	10	1798
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	10	2122
09192	Oheloberries, raw	140.0	1.0 cup	10	1
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	10	1858
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	10	1495
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	10	1789
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	10	47
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	10	5
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	10	5

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	10	747
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	10	969
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	10	5
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	10	71
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	10	47
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	10	4
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	10	37
16112	Miso	17.0	1.0 tbsp	10	634
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	242.0	8.0 fl oz	10	5
09216	Orange peel, raw	6.0	1.0 tbsp	10	0
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	10	220
20650	Sorghum flour, refined, unenriched	161.0	1.0 cup	10	2
06432	Soup, beef broth, bouillon, consommé, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	10	636
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	10	236
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	10	54
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	10	337
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	10	624
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	10	72
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	10	5
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	10	125
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	10	7
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	10	337
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	10	29
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	10	917
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	3.9	3.0 crackers	10	14
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	10	55
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	10	67
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	10	1373
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	10	130
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	10	81
09164	Litchis, raw	190.0	1.0 cup	10	2
15013	Fish, cisco, raw	79.0	1.0 fillet	9	43
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	9	123

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	9	86
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	9	126
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	9	170
06958	Gravy, instant beef, dry	6.7	1.0 serving	9	349
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	9	45
19129	Syrups, table blends, pancake	314.0	1.0 cup	9	257
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	9	150
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	9	371
27068	Dip, FRITO'S, bean, original flavor	36.0	2.0 tbsp	9	159
27065	Dip, bean, original flavor	36.0	2.0 tbsp	9	159
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	9	3
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	9	98
19117	Candies, halavah, plain	28.35	1.0 oz	9	55
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	9	29
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	9	56
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	9	60
05152	Guinea hen, meat only, raw	85.0	3.0 oz	9	59
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	9	63
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	9	65
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	9	62
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	9	42
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	9	43
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	9	100
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	9	40
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	9	1113
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	9	64
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	9	60
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	9	58
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	9	68

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	9	57
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	9	76
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	9	53
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	9	71
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	9	56
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	9	78
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	9	58
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	9	28
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	9	43
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	9	65
15033	Fish, haddock, raw	85.0	3.0 oz	9	181
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	9	54
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	9	60
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	9	60
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	9	54
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	9	96
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	9	64
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	9	65
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	9	105
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	9	42
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	9	59
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	9	66
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	9	48
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	9	52
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	9	86
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	9	61

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	9	65
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	9	54
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	9	95
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	9	70
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	9	89
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	9	45
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	9	72
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	9	55
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	9	65
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	9	56
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	9	78
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	9	46
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	9	55
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	9	58
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	9	64
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	9	68
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	9	54
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	9	65
15079	Fish, salmon, chum, raw	85.0	3.0 oz	9	42
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	9	1010
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	9	69
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	9	65
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	9	46
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	9	54
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	9	60
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	9	242
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	9	38

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	9	48
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	9	96
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	9	58
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	9	59
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	9	57
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	9	47
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	9	96
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	9	65
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	9	55
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	9	86
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	9	65
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	9	69
31026	Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	9	287
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	9	67
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	9	49
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	9	78
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	9	50
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	9	64
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	9	10
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	9	105
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	9	1168
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	9	54
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	9	93
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	9	84
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	9	57
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	9	44
18952	Tostada shells, corn	12.3	1.0 piece	9	81
06124	Gravy, pork, dry, powder	6.7	1.0 serving	9	359

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	9	351
07923	Bratwurst, chicken, cooked	84.0	1.0 serving 2.96 oz	9	60
09236	Peaches, yellow, raw	154.0	1.0 cup slices	9	0
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	9	648
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	9	6
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	9	7
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	9	54
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	9	50
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	9	123
02026	Spices, onion powder	2.4	1.0 tsp	9	2
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	23.0	1.0 scoop powder	9	14
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	92.0	1.0 leg, bone removed (yield after cooking)	9	101
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	9	20
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	9	50
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	9	6
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	9	246
09427	Abiyuch, raw	114.0	0.5 cup	9	23
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	9	229
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	9	1152
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	9	91
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	9	35
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	9	91
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	9	91
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	9	928
18339	Popovers, dry mix, enriched	28.35	1.0 oz	9	257
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	9	6
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	9	73
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	28.35	1.0 oz	9	6
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	9	257
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	9	155
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	28.35	1.0 oz	9	5
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	9	12
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	9	90

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	9	74
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	9	95
10132	Pork, cured, feet, pickled	28.35	1.0 oz	9	268
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	9	71
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	9	75
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	9	70
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	9	3
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	9	190
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	9	640
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	9	195
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	9	18
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	9	4
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	9	--
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	9	335
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	9	132
11376	Potatoes, canned, drained solids	180.0	1.0 cup	9	394
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	9	17
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	9	270
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	9	536
15103	Fish, spot, raw	64.0	1.0 fillet	9	19
07018	Chicken spread	56.0	1.0 serving (1 serving)	9	404
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	28.0	1.0 serving	9	106
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	9	253
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	9	111
02009	Spices, chili powder	2.7	1.0 tsp	9	77
09050	Blueberries, raw	148.0	1.0 cup	9	1
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	9	24
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	9	1
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	9	480
16506	LOMA LINDA Vege-Burger, canned, unprepared	55.0	0.25 cup	9	122
09078	Cranberries, raw	110.0	1.0 cup, chopped	9	2
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	9	299
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	9	4
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	9	83
18157	Cookies, chocolate wafers	28.35	1.0 oz	9	164

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	9	217
18537	ARCHWAY Home Style Cookies, Oatmeal	25.0	1.0 serving	9	98
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	9	93
16500	LOMA LINDA Little Links, canned, unprepared	46.0	2.0 links	9	217
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	9	71
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	9	59
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	9	134
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	9	3
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	9	1
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	9	162
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	9	861
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	9	1
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	9	162
22126	LOMA LINDA Big Franks, canned, unprepared	51.0	1.0 link	9	217
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	51.0	1.0 link	9	245
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	9	138
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	9	45
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	9	145
09191	Nectarines, raw	143.0	1.0 cup slices	9	0
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	9	5
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	9	5
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	9	2
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	9	71
19041	Snacks, pork skins, plain	28.35	1.0 oz	9	515
18240	Croissants, apple	28.35	1.0 oz	9	78
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	9	136
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	9	80
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	8	70
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	8	54
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	8	1004
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	8	72
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	8	54

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	8	48
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	8	54
05159	Quail, breast, meat only, raw	85.0	3.0 oz	8	47
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	8	57
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	8	60
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	8	20
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	8	2
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	8	42
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	8	54
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	8	567
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	8	46
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	8	37
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	8	44
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	8	54
15059	Fish, pout, ocean, raw	85.0	3.0 oz	8	52
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	8	44
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	8	48
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	8	82
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	8	71
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	8	54
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	8	55
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	8	732
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	8	57
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	8	49
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	8	59
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	8	67

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	8	715
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	8	54
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	8	80
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	8	57
90560	Mollusks, snail, raw	85.0	3.0 oz	8	60
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	8	677
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	8	50
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	8	74
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	8	55
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	8	1
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	8	1077
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	8	54
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	8	45
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	8	64
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	85.0	3.0 oz	8	92
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	8	57
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	8	60
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	8	42
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	8	99
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	8	53
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	8	150
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	8	7
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	8	1589
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	8	53
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	8	1786
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	8	1757
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	8	121
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	44.0	3.0 cookies	8	121
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	8	8
18539	ARCHWAY Home Style Cookies, Old Fashioned Molasses	26.0	1.0 serving	8	146

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	8	1
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	8	41
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	8	14
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	8	30
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	8	77
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	8	484
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	8	7
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	8	128
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	8	100
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	8	58
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	8	134
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	8	269
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	8	1
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	8	31
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	8	80
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	8	81
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	8	33
27064	Wasabi	20.0	1.0 tablespoon	8	678
05621	Emu, ground, raw	117.0	1.0 patty	8	66
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	8	6
20316	Corn flour, whole-grain, white	117.0	1.0 cup	8	6
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	8	4
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	8	111
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	34.0	1.0 slice	8	180
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	34.0	1.0 slice	8	180
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	8	6
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	8	6
19314	Pie fillings, canned, cherry	74.0	0.125 can	8	13
14284	Beverages, Cranberry juice cocktail	271.0	1.0 cup	8	5
19906	Sweeteners, for baking, brown, contains sugar and sucralose	12.9	1.0 tbsp	8	1
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	8	178
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	8	76
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	8	116
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	8	3
80200	Frog legs, raw	45.0	1.0 leg	8	26

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	8	5
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	8	21
02008	Spices, chervil, dried	0.6	1.0 tsp	8	0
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	8	356
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	31.0	0.75 cup (1 NLEA serving)	8	127
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	8	267
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	8	94
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	8	87
09156	Lemon peel, raw	6.0	1.0 tbsp	8	0
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	8	295
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	8	81
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	8	79
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	8	317
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	8	116
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	8	16
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	28.35	1.0 oz	8	6
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	8	9
03201	Babyfood, cereal, egg yolks and bacon, junior	28.35	1.0 oz	8	14
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	8	66
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	8	16
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	8	33
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	8	58
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	8	16
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	8	16
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	8	81
06118	Gravy, brown, dry	6.0	1.0 tbsp	8	291
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	8	1030
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	8	670
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	8	85
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	8	98
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	8	49
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	8	66
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	8	21
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	8	16

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	8	9
10852	HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored	112.0	4.0 oz	8	463
18633	PILLSBURY GRANDS, Buttermilk Biscuits, refrigerated dough	34.0	1.0 biscuit	8	362
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	8	557
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	8	--
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	8	116
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	8	200
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	8	5
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	8	9
06957	Gravy, brown instant, dry	6.7	1.0 serving	8	339
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	8	206
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	8	1413
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	8	112
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	8	50
06959	Gravy, instant turkey, dry	6.7	1.0 serving	8	274
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	55.0	1.0 cup (1 NLEA serving)	8	185
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	8	668
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	8	--
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	8	--
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	8	--
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	8	576
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	8	38
02006	Spices, cardamom	2.0	1.0 tsp, ground	8	0
03199	Babyfood, cereal, with eggs, strained	28.35	1.0 oz	8	11
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	8	126
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	8	10
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	8	10
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	8	7
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	8	99
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	8	352
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	8	15
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	8	84
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	8	84
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	8	888
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	8	72

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	8	65
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	8	54
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	8	48
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	8	56
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	8	1040
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	8	55
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	8	45
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	8	77
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	8	55
31027	Potatoes, yellow fleshed, french fried, frozen, unprepared	85.0	3.0 oz	8	255
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	8	51
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	8	73
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	8	107
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	8	46
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	85.0	3.0 oz	8	985
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	8	48
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	85.0	3.0 oz	8	89
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	8	986
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	8	337
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	8	54
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	8	134
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	8	57
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	8	54
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	8	55
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	8	58
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	8	47
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	8	55
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	8	55
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	8	105
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	8	54
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	8	1030
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	8	1014

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	8	84
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	8	61
31028	Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared	85.0	3.0 oz	8	280
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	8	732
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	8	55
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	8	70
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	8	49
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	8	38
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	8	92
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	8	37
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	8	926
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	8	50
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	8	70
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	8	84
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	8	901
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	8	51
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	8	73
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	8	1004
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	8	60
15073	Fish, roughy, orange, raw	85.0	3.0 oz	8	61
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	8	840
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	8	57
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	8	68
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	8	63
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	8	759
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	8	169
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	8	61
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	8	50
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	8	71
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	8	713
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	8	54
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	8	56

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	8	1
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	8	1
05641	Ostrich, ground, raw	109.0	1.0 patty	8	78
19303	Marmalade, orange	20.0	1.0 tbsp	8	11
09295	Pummelo, raw	190.0	1.0 cup, sections	8	2
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	40.0	1.0 link	8	430
09163	Blueberries, dried, sweetened	40.0	0.25 cup	8	1
11952	Radicchio, raw	40.0	1.0 cup, shredded	8	9
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	33.0	1.0 cup (1 NLEA serving)	8	255
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	8	140
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	8	4
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	8	782
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	8	54
18535	ARCHWAY Home Style Cookies, Molasses	26.0	1.0 serving	8	150
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	8	13
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	8	199
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	8	224
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	8	15
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	8	1
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	8	78
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	8	14
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	7	955
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	44.0	3.0 cookies	7	93
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	7	481
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	7	562
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	7	1
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	7	192
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	7	74
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	7	844
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	7	73
14256	Beverages, OCEAN SPRAY, Cran Cherry	248.0	8.0 fl oz	7	17
14257	Beverages, OCEAN SPRAY, Light Cranberry	248.0	8.0 fl oz	7	37
02066	Spearmint, dried	0.5	1.0 tsp	7	2
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	7	22

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	247.0	8.0 fl oz	7	27
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	7	52
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	7	62
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	123.0	0.5 cup	7	840
11209	Eggplant, raw	82.0	1.0 cup, cubes	7	2
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	7	5
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	7	18
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	7	10
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	7	74
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	7	--
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	7	143
15014	Fish, cisco, smoked	28.35	1.0 oz	7	136
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	7	10
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	7	149
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	7	98
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	7	154
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	28.35	1.0 oz	7	--
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	7	49
16511	WORTHINGTON Choplets, canned, unprepared	92.0	2.0 slices	7	420
16137	Hummus, home prepared	15.0	1.0 tablespoon	7	36
18541	ARCHWAY Home Style Cookies, Peanut Butter	21.0	1.0 serving	7	85
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	7	1
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	7	43
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	7	43
01070	Dessert topping, powdered	43.0	1.5 oz	7	52
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7	116
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	7	11
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	7	27
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	7	130
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7	54
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	7	71
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	29.0	0.75 Cup (1 NLEA serving)	7	183
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	7	65
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	7	2
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	7	25

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
11697	Arrowroot, raw	120.0	1.0 cup, sliced	7	31
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	7	57
07954	Beef sausage, pre-cooked	48.0	1.0 serving	7	395
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	7	110
14162	Beverages, Apple juice drink, light, fortified with vitamin C	240.0	8.0 fl oz	7	31
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	7	7
18540	ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	20.0	1.0 serving	7	94
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	7	179
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	7	23
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	7	301
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	7	46
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	7	343
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	7	19
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	7	55
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	7	86
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	7	86
16524	WORTHINGTON Veja-Links, canned, unprepared	31.0	1.0 link	7	164
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	7	207
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	237.0	8.0 fl oz	7	17
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	7	145
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	7	118
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	7	765
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	7	26
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	7	1
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	7	134
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	7	66
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	7	129
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	7	108
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	7	89
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	7	18
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	7	16
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	7	88
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	7	73
03215	Babyfood, pretzels	28.35	1.0 oz	7	76
17174	Game meat, muskrat, raw	28.35	1.0 oz	7	23
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	7	14

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
43212	Bacon bits, meatless	7.0	1.0 tbsp	7	124
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	7	178
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	7	6
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	7	78
15007	Fish, butterfish, raw	32.0	1.0 fillet	7	28
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	7	168
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	7	600
08706	Cereals ready-to-eat, KELLOGG SCOOPY-DOO! cereal	32.0	1.0 Cup (1 NLEA serving)	7	110
20134	Rice noodles, cooked	176.0	1.0 cup	7	33
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	7	210
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	7	362
14405	Beverages, fruit punch juice drink, frozen concentrate	35.2	1.0 fl oz	7	4
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	7	88
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	25.0	1.0 serving	7	83
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	7	28
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	7	2
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	14.0	2.0 tbsp (1 NLEA serving)	7	1
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	7	126
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	7	279
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	7	363
18428	Crackers, wheat, low salt	14.2	0.5 oz	7	27
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	7	5
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	7	1432
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	7	136
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	7	64
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	7	154
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	7	162
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	7	2
07022	Frankfurter, beef, unheated	49.0	1.0 hot dog	7	424
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	7	104
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	7	99
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	114.0	4.0 oz (4 oz)	7	71
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	7	60
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	7	0

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
08546	Rice and Wheat cereal bar	22.0	1.0 bar	7	110
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	7	9
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	7	168
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	7	2
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	7	18
19081	Candies, sweet chocolate	28.35	1.0 oz	7	5
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	7	9
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	7	92
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	7	14
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	7	16
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	7	2
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	7	9
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	7	66
25046	Snacks, bagel chips, plain	28.35	1.0 oz	7	66
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	7	133
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	7	16
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	7	978
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	7	60
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	7	58
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	7	47
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	7	47
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	7	61
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	7	62
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	7	46
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	7	48
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	7	57
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	7	76
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	7	51
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	7	59
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	7	56
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	7	133
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	7	59

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	7	59
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	7	43
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	7	42
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	7	1114
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	7	676
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	7	57
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	7	49
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	7	1135
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	7	52
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	7	35
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	7	37
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	7	60
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	7	803
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	7	60
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	7	51
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	7	49
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	7	839
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	7	64
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	7	50
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	7	51
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	7	62
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	7	1
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	7	37
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	7	42
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	7	936
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	7	60
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	7	926

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	7	43
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	7	37
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	7	62
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	7	33
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	7	371
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	7	48
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	7	59
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	7	100
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	7	54
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	7	62
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	7	50
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	7	970
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	7	62
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	7	827
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	7	48
42284	Babyfood, baked product, finger snacks cereal fortified	1.7	1.0 cookie	7	4
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	7	65
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	7	719
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	7	60
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	7	58
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	7	44
15054	Fish, monkfish, raw	85.0	3.0 oz	7	15
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	7	60
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	7	42
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	7	128
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	7	1135
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	7	69
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	7	3

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	7	60
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	7	83
11982	Peppers, pasilla, dried	7.0	1.0 pepper	7	6
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	7	87
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	7	62
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	7	71
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	7	78
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	7	10
09265	Persimmons, native, raw	25.0	1.0 fruit without refuse	7	0
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	7	12
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	7	310
19014	Snacks, fruit leather, rolls	21.0	1.0 large	7	67
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	7	67
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	7	63
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	7	209
06999	Gravy, CAMPBELL'S, chicken	56.0	0.25 cup	7	237
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7	28
18532	ARCHWAY Home Style Cookies, Iced Molasses	28.0	1.0 serving	7	169
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	7	19
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	7	5
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	16.0	2.0 strips	7	234
16535	WORTHINGTON Stripples, frozen, unprepared	16.0	2.0 strip	7	234
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	7	52
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	7	13
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	7	1
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	7	654
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	7	8
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	7	5
06615	Soup, SWANSON, vegetable broth	220.0	1.0 cup	7	667
43135	Sandwich spread, meatless	15.0	1.0 tbsp	7	94
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	7	847
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	7	8
20058	Rice, white, steamed, Chinese restaurant	132.0	1.0 cup, loosely packed	7	--
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	7	210
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	7	8

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	7	404
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	7	1
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	7	493
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	7	216
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	7	32
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	7	1
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	7	2
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	7	6
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	7	3
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	7	14
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	7	72
18236	Cracker meal	28.35	1.0 oz	7	5
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	7	93
02019	Spices, fenugreek seed	3.7	1.0 tsp	7	2
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	6	498
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	6	560
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	6	373
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	6	197
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	6	210
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	6	172
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	6	528
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	6	165
02032	Spices, pepper, white	2.4	1.0 tsp, ground	6	0
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	6	52
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	6	4
07007	Bologna, beef	30.0	1.0 slice	6	304
07052	Pastrami, turkey	57.0	2.0 slices	6	640
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	6	126
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	6	188
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	6	4
03278	Babyfood, dinner, mixed vegetable, strained	28.35	1.0 oz	6	11
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	6	16
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6	16
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6	18
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	6	18

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	6	78
18444	Pie, fried pies, cherry	28.35	1.0 oz	6	106
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6	18
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	6	24
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6	16
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	6	68
18319	Pie, fried pies, fruit	28.35	1.0 oz	6	94
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	6	72
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	6	26
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	6	26
18445	Pie, fried pies, lemon	28.35	1.0 oz	6	106
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	6	26
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	6	19
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	6	23
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6	16
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	31.0	1.0 link	6	190
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	6	476
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	31.0	0.75 cup (1 NLEA serving)	6	137
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	44.0	3.0 cookies	6	88
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	6	7
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	6	272
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	6	152
18222	Crackers, melba toast, wheat	14.2	0.5 oz	6	119
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	6	130
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	6	8
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	9.0	1.0 link	6	93
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	6	168
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	6	2
07005	Blood sausage	100.0	4.0 slices	6	680
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	6	306
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	6	168
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	6	168
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	6	2
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	6	14
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	6	54

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	6	2
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	6	86
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	6	18
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	6	139
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6	17
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	6	18
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	6	24
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	6	84
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	6	20
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	6	18
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6	18
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	6	58
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	6	34
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	6	688
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	6	78
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	6	44
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	6	35
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	6	37
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	6	54
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	6	46
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6	73
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	6	57
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	6	688
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	6	58
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	85.0	1.0 serving	6	48
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	6	58
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	6	60
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	6	46

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	6	77
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	6	48
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	6	72
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	6	55
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	6	52
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	6	65
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	6	61
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	6	50
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	6	884
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	6	54
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	6	994
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	6	58
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	6	55
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	6	59
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	6	39
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	6	31
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	6	60
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	6	39
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	6	48
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	6	49
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	6	65
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	6	55
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	6	704
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	6	52
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	6	63
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	6	41

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6	50
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	6	48
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	6	73
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	6	60
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	6	702
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	6	66
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	6	31
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	6	42
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	6	36
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	6	58
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	6	30
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	6	44
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	6	40
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	6	33
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	6	49
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	6	55
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	6	37
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6	60
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	6	48
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	6	62
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	6	71
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	6	63
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	6	31
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	6	61
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	6	31
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	6	57

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6	54
16521	WORTHINGTON Vegetable Skallops, canned, unprepared	85.0	0.5 cup	6	391
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	6	55
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6	71
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	6	79
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	6	37
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	6	55
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	6	30
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	6	60
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	6	31
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6	54
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	6	58
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	6	827
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	6	697
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	6	54
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	6	25
23507	USDA Commodity, beef, patties (100%), frozen, raw	85.0	3.0 oz	6	63
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	6	58
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	6	46
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	6	681
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	6	76
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	6	63
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	6	36
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	6	38
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	6	55

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	6	53
15083	Fish, salmon, pink, raw	85.0	3.0 oz	6	64
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	6	614
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	6	59
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	6	94
19705	Puddings, banana, dry mix, instant, with added oil	99.0	1.0 package (3.5 oz)	6	1484
19318	Puddings, banana, dry mix, instant	99.0	1.0 package (3.5 oz)	6	1484
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	6	1
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	6	237
28361	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar	5.2	10.0 goldfish	6	45
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	6	108
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	6	148
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	6	78
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	6	15
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	6	318
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6	93
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	6	1430
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	6	216
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	6	1417
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	6	13
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6	23
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	6	4
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	6	15
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	6	492
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	6	100
16158	Hummus, commercial	15.0	1.0 tbsp	6	57
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	6	80
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	6	56
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	6	68
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	6	49
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	6	125

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	6	67
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	6	99
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	6	222
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	6	67
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	6	68
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	6	68
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	6	62
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	6	75
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	6	0
02029	Spices, parsley, dried	0.5	1.0 tsp	6	2
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	6	47
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	6	68
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	6	75
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	114.0	4.0 oz	6	74
18218	Crackers, matzo, egg	14.2	0.5 oz	6	3
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	6	79
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	6	4
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6	16
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	6	120
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	6	24
03217	Zwieback	28.35	1.0 oz	6	64
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6	16
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6	16
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6	17
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	6	590
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6	17
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	6	4
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	6	18
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6	16

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	6	24
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	6	122
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	6	56
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	6	55
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	6	93
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	6	86
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	6	56
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	6	66
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	6	73
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	6	106
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	6	69
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	6	134
06150	Sauce, barbecue	17.0	1.0 tbsp	6	175
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	6	181
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	28.0	1.0 cup (1 NLEA serving)	6	126
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	6	329
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	6	0
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	6	180
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	6	0
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	6	2
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	6	96
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	6	140
09004	Apples, raw, without skin	110.0	1.0 cup slices	6	0
19153	Candies, NESTLE, AFTER EIGHT Mints	42.0	1.0 serving 5 mints	5	0
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	5	28
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	5	80
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5	17
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	5	1
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	5	4
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	5	1
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	5	144
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	5	140
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5	9
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	5	9

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	5	18
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	5	17
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	5	1
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	5	86
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5	22
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	5	17
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	5	12
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	5	17
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	5	273
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	5	16
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	5	7
18281	Muffins, corn, toaster-type	28.35	1.0 oz	5	122
42316	Babyfood, carrots, toddler	28.35	1.0 oz	5	14
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	5	1
17212	Veal, variety meats and by-products, pancreas, raw	28.35	1.0 oz	5	19
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5	16
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5	26
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	5.3	10.0 goldfish	5	63
02024	Spices, mustard seed, ground	2.0	1.0 tsp	5	0
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5	33
18630	PILLSBURY, Chocolate Chip Cookies, refrigerated dough	38.0	1.0 serving 2 cookies	5	124
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	5	644
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	5	435
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	5	18
03176	Babyfood, juice, orange and banana	31.2	1.0 fl oz	5	1
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	5	879
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	5	409
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5	25
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	33.0	1.0 cup (1 NLEA serving)	5	149
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5	25
02028	Spices, paprika	2.3	1.0 tsp	5	2
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	29.0	0.666 cup (1 NLEA serving)	5	143

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
20032	Millet, cooked	174.0	1.0 cup	5	3
07209	OSCAR MAYER, Chicken Breast (honey glazed)	52.0	1.0 serving (4 slices)	5	748
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	259.0	1.0 cup (8 fl oz)	5	--
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5	30
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	5	10
11522	Taro shoots, raw	43.0	0.5 cup slices	5	0
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	5	576
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	5	143
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	5	42
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	5	258
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	5	40
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	5	856
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	5	856
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	5	12
17152	Game meat, beefalo, composite of cuts, raw	28.35	1.0 oz	5	22
07050	Mortadella, beef, pork	28.35	1.0 oz	5	353
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	5	4
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	5	22
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	5	1
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	5	151
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5	25
19400	Snacks, banana chips	28.35	1.0 oz	5	2
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	5	18
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	5	3
19415	Snacks, potato sticks	28.35	1.0 oz	5	179
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	5	18
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	5	151
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	5	114
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5	22
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	5	22
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	5	81
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5	56
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	5	71

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	5	48
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	5	44
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	5	31
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	5	75
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	5	45
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	5	86
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	5	71
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	5	54
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	5	42
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	5	66
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	5	31
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5	55
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	5	60
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5	75
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	5	61
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	5	575
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	5	48
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	5	55
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	5	52
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	5	31
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	5	60
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	5	55
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	5	58
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	5	1002
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	5	26
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	5	68
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	5	37
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	5	71
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	5	65
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	5	30

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	5	30
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	5	56
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	5	49
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5	55
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	5	44
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	5	54
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	5	48
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	5	69
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	5	27
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	5	65
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	5	989
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	5	58
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	5	53
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	5	41
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	5	71
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	5	64
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	5	55
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5	63
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5	75
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	5	48
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	5	31
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	5	50
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	5	31
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	5	64
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	5	59
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	5	47
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	5	54

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	5	986
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	5	44
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	5	66
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	5	50
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	5	68
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	5	54
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	5	71
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	5	100
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	5	28
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	5	76
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5	57
21401	Fast foods, chicken tenders	30.0	1.0 strip	5	231
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	5	59
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	5	44
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	5	40
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	5	1003
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	5	50
10130	Canadian bacon, unprepared	85.0	3.0 oz	5	638
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	5	46
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	5	65
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	5	32
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	5	50
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	5	65
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	5	58
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	5	82
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5	54

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	5	59
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5	48
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	5	67
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	5	183
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	5	32
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	5	29
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	5	59
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	5	31
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	5	40
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	5	297
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	5	65
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	5	68
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	5	30
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	5	42
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	5	69
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	5	30
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	5	54
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	5	48
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	5	55
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	5	52
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	5	48
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	5	76
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	5	57
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	5	26

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	5	45
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	5	73
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5	55
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	5	72
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	5	47
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	5	130
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	5	26
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	5	53
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	5	29
14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	5	101
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	5	316
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	28.0	0.75 cup (1 NLEA serving)	5	212
06147	Soup, beef mushroom, canned, condensed	126.0	0.5 cup (4 fl oz)	5	893
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	5	728
02043	Spices, turmeric, ground	3.0	1.0 tsp	5	1
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	5	0
18547	ARCHWAY Home Style Cookies, Strawberry Filled	25.0	1.0 serving	5	94
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	5	140
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	5	22
18544	ARCHWAY Home Style Cookies, Raspberry Filled	25.0	1.0 serving	5	84
42270	Beverages, Orange juice drink	249.0	1.0 cup	5	--
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	5	47
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	5	29
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5	44
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	248.0	8.0 fl oz	5	30
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	248.0	8.0 fl oz	5	35
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	5	2
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	5	7
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	5	404
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	5	7
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	5	2
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	45.0	3.0 cookies	5	85
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	5	396
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	5	329

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11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	5	396
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	5	61
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	5	89
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	5	128
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	5	155
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	5	3
20089	Wild rice, cooked	164.0	1.0 cup	5	--
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	5	303
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	5	336
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	5	34
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	5	561
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	5	7
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	5	0
06547	Soup, beef mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	5	942
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	5	28
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	5	62
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	5	33
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	5	62
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5	12
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	5	210
17162	Game meat, caribou, raw	28.35	1.0 oz	5	16
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	5	24
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	5	17
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5	18
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5	18
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5	16
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	5	70
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	5	16
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	5	46
25037	Snacks, pita chips, salted	28.35	1.0 oz	5	242
19401	Snacks, cornnuts, barbecue-flavor	28.35	1.0 oz	5	170
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5	18
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	5	15
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	5	190

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23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	5	16
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5	11
18960	Crackers, snack, GOYA CRACKERS	30.0	1.0 serving (1 NLEA serving - about 4 crackers)	5	200
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	5	62
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	5	122
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16.0	1.0 serving	5	28
11960	Carrots, baby, raw	15.0	1.0 large	5	12
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	240.0	8.0 fl oz	5	14
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	240.0	8.0 fl oz	5	12
14095	Beverages, MINUTE MAID, Lemonada, Limeade	240.0	8.0 fl oz	5	14
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	5	89
18513	ARCHWAY Home Style Cookies, Sugar Free Oatmeal	24.0	1.0 serving	5	74
19067	Candies, TWIZZLERS CHERRY BITES	40.0	18.0 pieces	5	104
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	5	218
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	5	4
28376	VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free	8.4	3.0 crackers	5	61
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5	22
19139	Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	5	0
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	28.0	1.0 serving	5	128
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	5	31
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	5	112
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	5.1	10.0 goldfish	5	42
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	5	100
14261	Beverages, tea, green, ready to drink, unsweetened	473.0	16.0 fl oz	5	33
19091	Candies, YORK Peppermint Pattie	43.0	1.0 patty 1.5 oz	5	12
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	5	350
09446	Plantains, green, fried	118.0	1.0 cup	5	2
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	5	11
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	5	11
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	5	11
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	5	11
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	5	57
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	5	721
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	5	155

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14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	5	0
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	5	309
09448	Nance, canned, syrup, drained	11.1	3.0 fruit without pits	5	1
20651	Rice, brown, parboiled, cooked, UNCLE BENS	155.0	1.0 cup	5	6
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	5	0
19080	Candies, semisweet chocolate	14.5	1.0 serving	5	2
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	5	106
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	5	2
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	5	18
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5	17
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	5	560
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	5	46
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	5	72
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	5	189
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	5	70
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	5	70
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	5	73
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	5	74
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	5	63
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	5	81
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	5	70
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	5	71
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	5	59
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	5	424
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	5	58
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	5	78

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23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	5	64
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	5	106
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	5	72
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	5	71
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	5	66
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	5	62
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	5	68
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	5	21
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5	20
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	5	17
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5	21
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5	18
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	5	15
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5	15
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5	21
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5	18
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5	17
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	5	16
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	5	31
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	5	7
17224	Lamb, ground, raw	28.35	1.0 oz	5	17
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	5	100
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	5	17
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5	20
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5	16
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	5	15

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23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	5	16
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	5	95
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	5	44
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	5	60
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	5	44
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	5	64
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	5	68
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	5	72
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	5	55
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	5	68
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	5	67
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	5	68
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	5	132
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	5	44
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	5	55
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	5	67
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	5	55
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	5	71
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	5	70
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	5	52
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	5	82
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	5	53
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	5	64
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	5	68
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	5	45
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	5	55
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	5	53
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	5	97
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5	29
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	4	19
13166	USDA Commodity, beef, canned	45.0	1.0 serving	4	84
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	4	2
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	4	690

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	4	461
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	4	263
43046	Candies, nougat, with almonds	14.0	1.0 piece	4	5
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	56.0	1.0 unit (yield from 1 lb ready-to-cook duck)	4	47
11987	Mushrooms, oyster, raw	148.0	1.0 large	4	27
09277	Plantains, raw	148.0	1.0 cup, sliced	4	6
02044	Basil, fresh	2.5	5.0 leaves	4	0
18216	Crackers, crispbread, rye	14.2	0.5 oz	4	58
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	4	559
16523	WORTHINGTON Vegetarian Burger, canned, unprepared	55.0	0.25 cup	4	248
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	4	40
19909	Sweeteners, sugar substitute, granulated, brown	0.5	1.0 tsp	4	3
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	4	348
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	4	6
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	4	2
16522	WORTHINGTON Vegetable Steaks, canned, unprepared	72.0	2.0 slices	4	300
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	4	13
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	4	31
02069	Vinegar, balsamic	16.0	1.0 tbsp	4	4
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	4	6
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	4	3
28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	4	50
02022	Spices, mace, ground	1.7	1.0 tsp	4	1
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	4	511
06611	Soup, SWANSON, beef broth, lower sodium	213.0	1.0 cup	4	383
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4	21
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	4	23
43282	Quail, cooked, total edible	28.35	1.0 oz	4	15
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4	20
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4	21
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	4	46
17150	Game meat, beaver, raw	28.35	1.0 oz	4	14
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	4	1
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4	12
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	4	16

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	4	16
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	4	20
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	4	24
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	4	24
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	4	16
18354	Strudel, apple	28.35	1.0 oz	4	38
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	4	21
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	4	18
10158	USDA Commodity, pork, canned	85.0	3.0 oz	4	181
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4	46
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	4	196
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	4	47
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	4	46
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	4	49
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4	55
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	4	76
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	4	51
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	4	42
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	4	57
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	4	51
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	4	44
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	4	36
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	4	50
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	4	45
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	4	59
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	4	52
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	4	44
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	4	37

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	4	50
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	4	196
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	4	21
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	4	50
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	4	51
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	4	56
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	4	47
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	4	55
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	4	57
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4	54
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	4	46
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	4	54
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	4	44
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	4	47
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	4	24
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4	43
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	4	48
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4	53
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	4	24
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	4	65
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	4	60
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	4	56
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	4	57
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	4	57
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	4	35
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	4	34
15110	Fish, swordfish, raw	85.0	3.0 oz	4	69
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	4	46

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	4	146
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	4	42
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	4	60
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	4	73
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	4	47
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4	58
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4	56
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	4	48
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	4	430
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	4	55
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	4	47
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	4	44
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	4	48
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	4	55
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	4	54
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	4	147
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	4	54
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	4	51
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	4	38
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	4	61
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	4	45
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	4	53
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	4	54
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	4	61
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	4	48
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	4	203
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	4	58
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	4	42
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	4	40

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	4	38
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	4	48
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	4	62
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4	63
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	4	52
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	4	53
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	4	38
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	4	61
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	4	45
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	4	48
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	4	50
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	4	38
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	4	42
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	4	48
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	4	50
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	4	57
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	4	53
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	4	49
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	4	28
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	4	44
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	4	35
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4	45
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	4	48
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	4	21
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	4	43
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	4	48
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	4	135
06115	Gravy, au jus, dry	3.0	1.0 tsp	4	348

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	4	158
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	4	2
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	4	28
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	4	3
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	4	0
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	4	46
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	4	54
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	4	16
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	29.0	1.333 cup	4	220
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	4	143
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	4	26
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	4	101
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	4	2
02025	Spices, nutmeg, ground	2.2	1.0 tsp	4	0
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4	29
43406	Yeast extract spread	6.0	1.0 tsp	4	203
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	4	53
09278	Plantains, cooked	200.0	1.0 cup, mashed	4	10
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	4	53
19719	Jams and preserves, apricot	20.0	1.0 tbsp	4	8
19297	Jams and preserves	20.0	1.0 tbsp	4	6
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	4	28
14430	Cranberry juice cocktail, frozen concentrate	36.2	1.0 fl oz	4	1
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	4	162
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4	16
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4	17
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	28.35	1.0 oz	4	14
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4	17
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	4	22
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	4	39
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	28.35	1.0 oz	4	15
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	4	27
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	4	17
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	4	126
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	4	13
10855	HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork	28.35	1.0 oz	4	107

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	4	15
10219	Pork, fresh, ground, raw	28.35	1.0 oz	4	16
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	4	54
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	4	3
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	4	241
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	4	41
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	4	85
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	4	306
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	4	62
07921	Bacon and beef sticks	28.0	1.0 oz	4	398
05311	Chicken, canned, no broth	28.0	1.0 oz	4	135
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	4	--
19181	Candies, YORK BITES	39.0	15.0 pieces	4	18
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	4	187
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	4	5
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	4	190
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	4	3
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	4	920
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	4	14
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	4	140
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	4	3
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	4	35
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	4	49
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	4	32
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	4	4
14168	Beverages, Carob-flavor beverage mix, powder	12.0	1.0 tbsp	4	12
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	4	1
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	4	134
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	4	3
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	4	1
18224	Crackers, rusk toast	14.2	0.5 oz	4	36
19274	Snacks, fruit leather, pieces, with vitamin C	21.0	1.0 serving	4	67
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	4	12
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	4	38
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	47.0	2.0 fl oz	4	734
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	4	2

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
03178	Babyfood, juice, prune and orange	31.2	1.0 fl oz	4	1
03172	Babyfood, juice, orange	31.2	1.0 fl oz	4	0
43408	Babyfood, juice, pear	31.2	1.0 fl oz	4	2
11677	Shallots, raw	10.0	1.0 tbsp chopped	4	1
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	4	39
17168	Goat, raw	28.35	1.0 oz	4	23
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	4	118
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	4	--
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	4	52
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	4	100
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	4	44
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	4	0
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	4	17
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	4	18
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4	21
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	4	11
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	4	12
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	4	25
18003	Bagels, egg	28.35	1.0 oz	4	143
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	4	7
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	4	186
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	4	439
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	4	13
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	4	150
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	4	13
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	4	1
09079	Cranberries, dried, sweetened	40.0	0.25 cup	4	2
14287	Beverages, Lemonade, powder	18.0	1.0 serving	4	9
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	4	1005
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	4	0
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	4	110
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	4	154
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	4	172
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	32.0	1.0 cup (1 NLEA serving)	4	204

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	4	177
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	4	31
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	4	56
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	4	130
19858	Candies, sugar-coated almonds	3.5	1.0 piece	4	0
01072	Dessert topping, pressurized	70.0	1.0 cup	4	43
19310	Pectin, unsweetened, dry mix	50.0	1.0 package (1.75 oz)	4	100
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	3	9
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	3	315
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3	26
02054	Capers, canned	8.6	1.0 tbsp, drained	3	202
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	3	42
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	3	86
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	3	88
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	3	51
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	3	74
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	3	65
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	3	91
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	3	335
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3	9
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	3	20
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	3	70
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	3	24
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	3	17
18171	Cookies, fortune	28.35	1.0 oz	3	9
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	3	254
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	3	69
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	3	24
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	3	20
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	3	20

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	3	15
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	3	19
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	3	95
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	3	27
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	3	21
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	3	16
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	3	14
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	3	1
17158	Game meat, boar, wild, raw	28.35	1.0 oz	3	--
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	3	50
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	3	38
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	3	64
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	3	68
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	3	88
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	3	38
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	3	38
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3	49
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	3	337
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	3	42
05631	Emu, oyster, raw	85.0	3.0 oz	3	128
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	3	52
05628	Emu, inside drum, raw	85.0	3.0 oz	3	87
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	3	73
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	3	38
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	3	38
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	3	207
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3	52
27058	Sauce, barbecue, OPEN PIT, original	17.0	1.0 tbsp	3	258
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	3	64
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	3	48
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	3	60
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	3	88

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	3	60
05626	Emu, full rump, raw	85.0	3.0 oz	3	76
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	3	42
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	3	37
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	3	47
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	3	38
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	3	37
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	3	29
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3	51
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	3	52
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	3	38
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	3	44
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	3	65
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	3	27
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	3	46
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	3	86
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	3	53
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	3	46
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	3	38
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	3	45
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	3	110
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	3	6
11953	Squash, zucchini, baby, raw	16.0	1.0 large	3	0
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	3	494
10857	HORMEL Canadian Style Bacon	56.0	1.0 serving	3	569
11022	Balsam-pear (bitter gourd), leafy tips, raw	4.0	1.0 leaf	3	0
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	3	0
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	3	130
10851	HORMEL, Cure 81 Ham	84.0	1.0 serving	3	872
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	3	25
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	3	330
18522	ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	24.0	1.0 serving	3	65

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	3	30
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	3	127
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	3	97
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	3	495
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	3	10
35196	Lambsquarters, raw (Northern Plains Indians)	0.9	1.0 leaf	3	0
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	3	75
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	3	0
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	3	534
11981	Peppers, hungarian, raw	27.0	1.0 pepper	3	0
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	3	31
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	3	34
02049	Thyme, fresh	0.8	1.0 tsp	3	0
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	3	5
21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	3	0
19092	Candies, TWIZZLERS NIBS CHERRY BITS	40.0	27.0 pieces	3	78
11959	Arugula, raw	2.0	1.0 leaf	3	1
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	3	0
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	3	55
11292	Onions, young green, tops only	6.0	1.0 tbsp	3	1
03173	Babyfood, juice, orange and apple	31.2	1.0 fl oz	3	1
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	3	32
18528	ARCHWAY Home Style Cookies, Dutch Cocoa	24.0	1.0 serving	3	92
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	3	153
11145	Celtuce, raw	8.0	1.0 leaf	3	1
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	3	191
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	3	12
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	3	32
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	3	50
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	3	75
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	3	52
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	3	57
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	3	139
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	3	30
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	3	153

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	3	23
03230	Babyfood, dessert, peach melba, junior	28.35	1.0 oz	3	3
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	3	22
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	3	12
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	3	20
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	3	20
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	3	1
18338	Phyllo dough	28.35	1.0 oz	3	137
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	3	17
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	3	567
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	3	21
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	3	20
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	3	9
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	3	16
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	3	256
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	3	267
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	3	255
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	3	13
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	3	254
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	3	766
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	3	1228
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	3	--
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	3	147
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	3	139
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	3	2
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	3	486
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	3	112
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	3	100
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	30.0	1.0 cup (1 NLEA serving)	3	184
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	3	170
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	3	244
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3	24
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	10.7	3.0 crackers	3	95

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	3	272
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	3	204
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	3	55
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3	6
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	3	183
19312	Pie fillings, apple, canned	74.0	0.125 can	3	35
14555	Water, bottled, generic	29.6	1.0 fl oz	3	1
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	3	148
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	3	0
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	3	110
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	3	86
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	3	110
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	3	0
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	3	110
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	3	1
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	3	29
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	3	6
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	3	231
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	3	136
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	3	22
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	3	1
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	3	3
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	3	4
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3	7
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	26.0	0.75 cup (1 NLEA serving)	3	187
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	3	188
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	3	188
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	3	150
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3	15
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	3	80
03229	Babyfood, dessert, peach melba, strained	28.35	1.0 oz	3	3
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	3	56
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	3	23
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	3	28

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	3	19
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	3	18
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	3	36
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	3	2
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	3	19
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	3	16
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	3	71
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	3	54
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	3	15
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	3	20
03238	Babyfood, dessert, tropical fruit, junior	28.35	1.0 oz	3	2
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	3	45
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	3	13
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	3	16
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	3	16
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	3	34
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	3	2
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	3	764
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	3	38
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	3	72
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	3	24
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	3	303
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	3	19
07030	Ham, minced	28.35	1.0 oz	3	353
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	3	21
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	3	17
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	3	140
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	3	6
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	3	2
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3	22
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	3	83
02055	Horseradish, prepared	5.0	1.0 tsp	3	21

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	3	6
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	3	370
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	3	107
07926	Salami, Italian, pork	28.0	1.0 oz	3	529
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	3	1
14268	Beverages, Fruit punch drink, frozen concentrate	34.8	1.0 fl oz	3	--
11156	Chives, raw	3.0	1.0 tbsp chopped	3	0
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	3	298
14240	Beverages, cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	3	1
90480	Syrup, Cane	21.0	1.0 serving	3	12
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	3	1
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	3	6
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	3	154
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	3	649
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	3	40
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	3	180
14206	Beverages, tea, green, ready-to-drink, sweetened	270.0	1.0 cup	3	57
19340	Sugars, maple	3.0	1.0 tsp	3	0
28334	Cookies, gluten-free, lemon wafer	30.0	3.0 cookies	3	33
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3	10
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	30.0	3.0 cookies	3	33
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	3	0
14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	3	16
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	3	2
14279	Beverages, tea, black, ready-to-drink, peach, diet	268.0	1.0 cup	3	13
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	3	2
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	3	225
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	3	1
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	3	1
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	3	1
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	3	299
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	3	2
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	265.0	1.0 cup	3	69
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	3	1
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	3	108
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	11.0	1.0 serving	3	58

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	3	1
14553	Beverages, Wine, non-alcoholic	29.0	1.0 fl oz	3	2
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	3	114
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	3	191
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	3	8
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	3	8
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	3	573
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	3	5
20027	Cornstarch	128.0	1.0 cup	3	12
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	3	--
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	3	15
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	28.35	1.0 oz	3	47
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	3	34
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	3	153
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	3	19
15109	Fish, surimi	28.35	1.0 oz	3	41
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	3	16
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	3	160
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	3	21
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	3	22
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	3	21
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	3	22
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	3	18
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	3	32
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	3	24
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	3	277
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	3	22
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	3	18
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	3	24
25027	Snacks, plantain chips, salted	28.35	1.0 oz	3	57
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	3	281
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	3	15

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	3	16
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	3	30
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	3	18
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	3	27
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	3	16
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	3	25
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	3	14
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	3	101
05625	Emu, flat fillet, raw	85.0	3.0 oz	3	128
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	3	417
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	3	59
11935	Catsup	17.0	1.0 tbsp	3	154
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	3	102
11949	Catsup, low sodium	17.0	1.0 tbsp	3	3
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	3	68
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	3	43
05630	Emu, outside drum, raw	85.0	3.0 oz	3	85
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	3	396
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	3	28
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	3	457
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	3	0
19137	Toppings, strawberry	42.0	2.0 tbsp	3	9
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	3	84
07212	OSCAR MAYER, Ham (chopped with natural juice)	28.0	1.0 serving (1 slice)	3	350
42161	Bologna, beef, low fat	28.0	1.0 slice	3	230
20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	3	1
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	3	142
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	3	2
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2	19
11005	Arrowhead, raw	25.0	1.0 large	2	6
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	2	--
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	2	1
28362	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza	5.3	10.0 goldfish	2	46

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
19334	Sugars, brown	3.0	1.0 tsp unpacked	2	1
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	2	78
04145	Salad dressing, mayonnaise, soybean oil, without salt	13.8	1.0 tablespoon	2	4
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	2	12
11928	Tree fern, cooked, with salt	31.0	1.0 frond (6-1/2" long)	2	75
14623	Beverages, V8 V- FUSION Juices, Acai Berry	246.0	1.0 serving 8 oz	2	69
02020	Spices, garlic powder	3.1	1.0 tsp	2	2
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	2	1
14241	Beverages, cranberry-grape juice drink, bottled	30.6	1.0 fl oz	2	1
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	2	422
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	2	--
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	2	200
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	2	220
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	2	200
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	2	109
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	2	39
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	2	37
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	2	5
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	2	85
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	2	2
11954	Tomatillos, raw	34.0	1.0 medium	2	0
19294	Fruit butters, apple	17.0	1.0 tbsp	2	3
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	2	3
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	237.0	8.0 fl oz	2	19
14559	Beverages, water, bottled, non-carbonated, EVIAN	29.6	1.0 fl oz	2	0
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	2	3
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	2	3
06114	Gravy, au jus, canned	59.0	0.25 cup	2	282
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	2	172
14602	Alcoholic Beverage, wine, table, red, Merlot	29.4	1.0 fl oz	2	1
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	2	1
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	2	520
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	2	5
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	2	150
01124	Egg, white, raw, fresh	33.0	1.0 large	2	55
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	2	305

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	2	125
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2	18
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	2	83
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	2	102
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	2	95
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	2	83
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	2	319
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	2	16
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	2	312
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	2	21
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	2	275
07040	Liver cheese, pork	28.35	1.0 oz	2	347
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	2	308
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	2	13
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	2	287
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	2	81
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	2	16
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	2	20
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	2	238
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	2	275
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	2	177
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	2	23
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	2	18
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	2	17
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	2	15
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	28.35	1.0 oz	2	49
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	2	16
07019	Chorizo, pork and beef	28.35	1.0 oz	2	350
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	2	22
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	2	15
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	2	16

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	2	371
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	2	275
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	2	17
18323	Pie, peach	28.35	1.0 oz	2	62
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	2	44
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	2	1
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	2	369
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	2	4
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	2	134
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	2	3
07081	Turkey breast, sliced, prepackaged	16.0	1.0 slice	2	144
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	2	262
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	2	47
13350	Beef, cured, dried	28.0	10.0 slices	2	781
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	2	114
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	2	6
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	2	352
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	2	216
09129	Grapes, muscadine, raw	6.0	1.0 grape	2	0
02063	Rosemary, fresh	0.7	1.0 tsp	2	0
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	2	14
11984	Epazote, raw	0.8	1.0 tbsp	2	0
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	2	26
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	2	151
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2	3
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	2	4
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	2	3
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	2	42
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	2	1
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	2	1
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	2	116
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	2	864
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	2	936
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	70.0	0.25 cup	2	4

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	2	107
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	2	67
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	70.0	0.25 cup	2	4
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	2	4
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	2	3
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	2	4
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	30.0	0.75 cup (1 NLEA serving)	2	154
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	2	150
02045	Dill weed, fresh	1.0	5.0 sprigs	2	1
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2	12
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	2	4
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	2	304
02021	Spices, ginger, ground	1.8	1.0 tsp	2	0
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	2	1
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	2	24
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	2	0
21422	KFC, Popcorn Chicken	6.4	1.0 piece	2	73
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	2	0
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	2	121
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	2	185
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	2	24
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	2	18
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	28.35	1.0 oz boneless	2	343
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	2	20
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	2	39
03160	Babyfood, fruit, guava and papaya with tapioca, strained	28.35	1.0 oz	2	1
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	2	13
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	2	209
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	2	393
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	2	13
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	2	16
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	2	31

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	2	7
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	2	12
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	2	12
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	2	14
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	2	345
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	2	354
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	2	60
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	2	43
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	2	27
07026	Ham, chopped, canned	28.35	1.0 oz	2	363
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	28.35	1.0 oz	2	1
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	2	20
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	2	12
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	28.35	1.0 oz	2	258
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	2	12
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	2	12
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	2	273
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	2	52
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	2	23
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	2	13
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	2	28
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	2	23
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	2	38
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	2	22
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	2	138
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	2	23
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	2	1319
28292	Crackers, multigrain	14.0	4.0 crackers	2	124
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	2	291
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	2	170
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	2	6

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	2	146
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	2	23
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	2	0
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	2	10
01069	Cream substitute, powdered	94.0	1.0 cup	2	117
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	2	0
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	2	--
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	2	2
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	2	80
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	2	0
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	2	5
18217	Crackers, matzo, plain	14.2	0.5 oz	2	0
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	2	214
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	2	285
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	2	119
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	2	60
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	2	111
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	2	152
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	2	118
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2	11
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	2	87
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	2	1
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	2	4
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	2	3
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	2	225
35233	Hazelnuts, beaked (Northern Plains Indians)	0.4	1.0 nut	2	0
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	2	134
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	2	129
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	2	126
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	2	31
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	2	5
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	2	2
19419	Snacks, corn cakes	9.0	1.0 cake	2	44
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	2	3
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	2	27
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	2	14

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	2	16
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	28.35	1.0 oz	2	1
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	2	18
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	2	303
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	2	11
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	2	10
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	2	20
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	2	221
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	2	25
17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	2	15
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	2	311
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	2	231
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	2	3
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	2	30
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	2	327
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	2	11
23296	Beef, Australian, imported, grass-fed, external fat, raw	28.35	1.0 oz	2	10
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	2	265
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	2	11
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	2	20
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	2	18
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	2	10
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	2	14
07045	Luncheon meat, pork, canned	28.35	1.0 oz	2	365
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	2	11
17170	Game meat, horse, raw	28.35	1.0 oz	2	15
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	2	14
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	2	240
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	2	20
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	2	17

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	2	1
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	2	761
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	2	311
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	2	52
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	2	60
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	2	20
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	2	52
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	2	19
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	2	156
10854	HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored	28.0	1.0 oz	2	165
43483	Millet, puffed	21.0	1.0 cup	2	1
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	2	437
14231	Beverages, KRAFT, coffee, instant, French Vanilla Cafe	14.0	1.0 NLEA Serving	2	56
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	2	8
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	2	174
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	33.0	1.0 serving 1.2 fl oz pop	2	4
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	2	434
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	2	1
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	2	180
11640	Shallots, freeze-dried	0.9	1.0 tbsp	2	1
11615	Chives, freeze-dried	0.2	1.0 tbsp	2	0
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2	5
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	2	281
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	2	141
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	2	2
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	2	0
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	2	0
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	2	19
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	2	60
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	2	1
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	2	0
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	2	0

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	2	0
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	2	1
07068	Salami, cooked, beef	26.0	1.0 slice	2	296
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	2	265
14323	Beverages, orange drink, canned, with added vitamin C	31.0	1.0 fl oz	2	1
14150	Beverages, carbonated, orange	31.0	1.0 fl oz	2	4
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	2	4
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	2	9
14157	Beverages, carbonated, root beer	30.8	1.0 fl oz	2	4
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	2	67
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	2	54
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	2	0
07974	Bacon, turkey, low sodium	15.0	1.0 serving	2	135
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	2	158
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	2	4
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	2	18
19116	Candies, marshmallows	50.0	1.0 cup of miniature	2	40
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	1	1
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	1	6
19300	Jellies	21.0	1.0 serving 1 tbsp	1	6
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	1	11
19113	Syrups, table blends, pancake, with butter	73.0	1.0 serving 1/4 cup	1	210
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	1	1
02047	Salt, table	6.0	1.0 tsp	1	2325
16519	WORTHINGTON Super Links, canned, unprepared	48.0	1.0 link	1	340
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	1	16
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	1	12
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	1	0
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	1	0
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	1	16
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	1	143
17172	Game meat, moose, raw	28.35	1.0 oz	1	18
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	1	18
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	1	0
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	1	12

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	1	13
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	1	0
35140	Bread, kneel down (Navajo)	28.35	1.0 oz	1	36
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1	16
10005	Pork, fresh, belly, raw	28.35	1.0 oz	1	9
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	1	0
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	1	12
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	1	22
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	1	0
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	1	14
17164	Game meat, deer, raw	28.35	1.0 oz	1	14
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	1	0
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	1	22
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	1	18
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	1	22
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	1	16
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	1	101
14203	Beverages, coffee, instant, regular, half the caffeine	1.0	1.0 tsp	1	0
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	1	44
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	1	0
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	1	42
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	1	185
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	1	204
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	1	0
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	1	238
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	1	10
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	1	0
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	1	4
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	1	4
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	1	12
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	1	0
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	1	4
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	1	0
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	1	124
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	1	2
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	1	50

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	1	85
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	1	121
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	1	0
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	1	0
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	1	4
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	1	4
03166	Babyfood, juice, apple	31.7	1.0 fl oz	1	3
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	1	194
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	1	1
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	6.2	1.0 tsp	1	95
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	1	--
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	1	2
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	1	--
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	1	--
04707	Oil, flaxseed, contains added sliced flaxseed	13.7	1.0 tablespoon	1	1
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	1	75
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	1	25
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	1	2
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	1	1
07031	Ham salad spread	15.0	1.0 tbsp	1	161
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	1	8
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	1	32
09523	Lemon juice from concentrate, bottled, CONCORD	15.0	1.0 tbsp	1	4
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	1	1
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	1	0
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	1	0
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	1	2
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	1	80
19336	Sugars, powdered	120.0	1.0 cup unsifted	1	2
42040	Syrups, grenadine	20.0	1.0 tbsp	1	5
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	1	--
14223	Beverages, coffee, instant, chicory	29.9	1.0 fl oz	1	2
14215	Beverages, coffee, instant, regular, prepared with water	29.8	1.0 fl oz	1	--
14004	Alcoholic beverage, beer, regular, BUDWEISER	29.8	1.0 fl oz	1	1
07951	Scrapple, pork	17.0	1.0 cubic inch	1	82

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	1	--
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	1	2
14439	Water, bottled, non-carbonated, NAYA	29.6	1.0 fl oz	1	0
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	1	5
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	1	2
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	29.6	1.0 fl oz	1	5
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	1	162
14005	Alcoholic beverage, beer, light, BUDWEISER SELECT	29.5	1.0 fl oz	1	1
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	1	--
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	1	1
06631	Sauce, hot chile, sriracha	6.5	1.0 tsp	1	138
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	1	85
43497	Jellyfish, dried, salted	58.0	1.0 cup	1	5620
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	1	70
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1	15
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	1	22
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	1	1
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	1	0
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	1	17
17166	Game meat, elk, raw	28.35	1.0 oz	1	16
19070	Candies, butterscotch	28.35	1.0 oz	1	111
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	1	1
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	1	250
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	1	7
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	1	15
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	1	360
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	1	13
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	1	254
10856	HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	28.0	1.0 oz	1	100
23300	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw	28.0	1.0 oz	1	12
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	1	88
18524	ARCHWAY Home Style Cookies, Coconut Macaroon	22.0	1.0 serving	1	44
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	1	97

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	1	29
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	1	20
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	1	0
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	1	0
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	1	73
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	1	0
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	1	31
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	1	28
02048	Vinegar, cider	14.9	1.0 tbsp	1	1
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	1	122
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	6.9	1.0 tsp	1	200
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	1	4
19217	Frozen novelties, ice type, fruit, no sugar added	51.0	1.0 bar	1	3
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	1	12
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	1	--
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	1	0
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	1	10
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	1	63
25059	Snacks, brown rice chips	9.0	1.0 cake	1	29
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	1	2
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	1	29
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	1	98
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	1	137
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	1	0
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	1	126
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	1	120
04014	Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing	16.0	1.0 tbsp	1	126
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	1	0
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	1	6
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	1	0
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	1	1
42136	Cream substitute, powdered, light	94.0	1.0 cup	1	215
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	1	0
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	1	140
14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	1	5

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
14153	Beverages, carbonated, pepper-type, contains caffeine	30.7	1.0 fl oz	1	3
14475	Beverages, ARIZONA, tea, ready-to-drink, lemon	30.6	1.0 fl oz	1	1
14137	Beverages, NESTEA, tea, black, ready-to-drink, lemon	30.6	1.0 fl oz	1	6
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	1	1
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	1	2
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	1	2
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	1	10
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	1	3
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	1	7
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	1	140
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	1	0
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	1	0
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	1	125
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	1	124
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	1	0
19036	Snacks, popcorn, cakes	10.0	1.0 cake	1	29
04011	Salad dressing, KRAFT Mayo Light Mayonnaise	15.0	1.0 tbsp	1	95
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	1	4
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	1	2
02053	Vinegar, distilled	14.9	1.0 tbsp	1	0
02068	Vinegar, red wine	14.9	1.0 tbsp	1	1
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	1	88
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	1	88
14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	1	1
14438	Beverages, water, bottled, non-carbonated, CRYSTAL GEYSER	29.6	1.0 fl oz	1	0
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	1	1
14432	Beverages, water, bottled, non-carbonated, DANNON	29.6	1.0 fl oz	1	0
14411	Beverages, water, tap, drinking	29.6	1.0 fl oz	1	1
14429	Beverages, water, tap, municipal	29.6	1.0 fl oz	1	--
14440	Beverages, water, bottled, non-carbonated, DANNON Fluoride To Go	29.6	1.0 fl oz	1	0
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	1	2
14412	Beverages, water, tap, well	29.6	1.0 fl oz	1	1
14007	Alcoholic beverage, beer, light, BUD LIGHT	29.5	1.0 fl oz	1	--
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	1	8
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	1	82

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	1	22
19365	Toppings, marshmallow cream	28.35	1.0 oz	1	23
19107	Candies, hard	28.35	1.0 oz	1	11
17146	Game meat, bear, raw	28.35	1.0 oz	1	--
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	1	290
01074	Sour cream, imitation, cultured	28.35	1.0 oz	1	29
17144	Game meat, antelope, raw	28.35	1.0 oz	1	14
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	1	14
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	1	3
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	1	19
23297	Beef, Australian, imported, grass-fed, seam fat, raw	28.35	1.0 oz	1	10
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	1	--
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	1	0
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	1	23
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	1	576
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	1	2
04146	Salad dressing, french, cottonseed, oil, home recipe	14.0	1.0 tablespoon	1	92
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	1	32
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	1	0
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	1	150
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	1	30
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	1	92
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	1	1
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	1	1
09165	Litchis, dried	2.5	1.0 fruit	1	0
08316	Cereals, QUAKER, hominy grits, white, regular, dry	41.0	0.25 cup (1 NLEA serving)	1	0
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	1	178
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	1	15
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	1	170
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	1	0
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	1	0
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	1	136
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	1	0
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	1	0
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	1	76
02037	Spices, saffron	0.7	1.0 tsp	1	1

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
09173	Longans, dried	1.7	1.0 fruit	1	1
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	1	7
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	1	0
11944	Pickle relish, hot dog	15.0	1.0 tbsp	1	164
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	1	4
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	1	0
08314	Cereals, QUAKER, hominy grits, white, quick, dry	37.0	0.25 cup	1	0
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	1	6
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	1	96
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	1	5
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	1	0
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	1	0
11943	Pimento, canned	12.0	1.0 tbsp	1	2
11625	Parsley, freeze-dried	0.4	1.0 tbsp	1	2
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	1	--
14548	Beverages, tea, instant, lemon, with added ascorbic acid	23.0	1.0 serving (3 heaping tsp)	1	1
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	1	--
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	1	--
27066	Sauce, horseradish	5.6	1.0 tsp	1	41
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	1	77
07028	Ham, sliced, pre-packaged, deli meat (96%fat free, water added)	13.0	1.0 slice	1	123
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	1	33
14530	Whiskey sour mix, bottled, with added potassium and sodium	32.3	1.0 fl oz	1	11
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	1	0
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	1	33
14640	Beverages, Energy drink, VAULT, citrus flavor	31.0	1.0 oz	1	4
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	1	1
14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	1	3
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	1	3
14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	1	1
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	1	0
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	1	136
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	1	1
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	1	15
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	1	1
11958	Pickle relish, hamburger	15.0	1.0 tbsp	1	164

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	1	0
02065	Spearmint, fresh	0.3	2.0 leaves	1	0
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	1	--
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	1	1
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	29.6	1.0 fl oz	1	1
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	1	4
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	1	4
14381	Beverages, tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	1	0
14545	Beverages, tea, herb, brewed, chamomile	29.6	1.0 fl oz	1	0
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	1	--
11447	Sesbania flower, raw	3.0	1.0 flower	1	0
23298	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw	28.35	1.0 oz	1	10
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	1	2
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	1	2
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	1	3
23299	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw	28.35	1.0 oz	1	9
17183	Game meat, squirrel, raw	28.35	1.0 oz	1	29
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	1	30
23301	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw	28.0	1.0 oz	1	8
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	1	1
17154	Veal, Australian, separable fat, raw	28.0	1.0 oz	1	12
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	1	94
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	1	160
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	1	90
19908	Sugar, turbinado	4.6	1.0 tsp	1	0
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	1	4
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	1	1
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	1	1
01003	Butter oil, anhydrous	12.8	1.0 tbsp	1	0
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	1	55
04688	Salad dressing, spray-style dressing, assorted flavors	8.0	1.0 serving (approximately 10 sprays)	0	88
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0	79
02050	Vanilla extract	4.2	1.0 tsp	0	0
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	0	3
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	0	1
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	0	1

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	0	1
11945	Pickle relish, sweet	15.0	1.0 tbsp	0	122
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0	31
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0	75
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	0	0
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	0	4
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	0	93
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	0	105
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	14.0	1.0 tbsp	0	92
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0	92
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	0	105
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	0	0
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	0	81
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	14.0	1.0 tbsp	0	124
43060	Chewing gum, sugarless	2.0	1.0 piece	0	0
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0	0
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	0	1
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0	0
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0	2
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0	124
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0	3
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	0	3
20315	Corn flour, whole-grain, blue (harina de maiz morado)	6.9	1.0 tbsp	0	--
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.6	2.0 tsp	0	7
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	0	7
19108	Candies, jellybeans	11.0	10.0 small	0	6
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	0	23
11216	Ginger root, raw	2.0	1.0 tsp	0	0
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	0	5
14148	Beverages, carbonated, cola, regular	30.7	1.0 fl oz	0	1
14476	Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon	30.6	1.0 fl oz	0	6
43401	Beverages, coffee, instant, with whitener, reduced calorie	1.7	1.0 tsp dry	0	0
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0	12
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0	4
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0	13

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
14531	Alcoholic beverage, whiskey sour	30.4	1.0 fl oz	0	6
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0	19
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	0	18
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	0	10
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	0	--
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0	4
19281	Frozen novelties, ice type, italian, restaurant-prepared	29.0	1.0 fl oz	0	1
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0	4
12077	Nuts, beechnuts, dried	28.35	1.0 oz	0	11
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	0	--
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0	241
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	0	--
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0	1
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0	1
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0	1
02064	Peppermint, fresh	0.1	2.0 leaves	0	0
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0	2
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0	1
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0	0
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	0	14
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0	248
19907	Sweeteners, for baking, contains sugar and sucralose	14.5	1.0 tbsp	0	0
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0	1
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0	1
04047	Oil, coconut	13.6	1.0 tbsp	0	0
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0	1
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0	1
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0	1
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0	1
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0	0
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0	0
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0	1
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0	--
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	4.5	2.0 tbsp	0	0

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
19912	Sweetener, syrup, agave	6.9	1.0 tsp	0	0
09172	Longans, raw	3.2	1.0 fruit without refuse	0	0
19335	Sugars, granulated	2.8	1.0 serving packet	0	--
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	0	0
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	0	--
04593	Fish oil, salmon	13.6	1.0 tbsp	0	--
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	0	12
19368	Candies, MARS SNACKFOOD US, SKITTLES Tropical Bite Size Candies	62.0	1.0 serving 2.1 oz bag	0	9
06097	CAMPBELL'S Red and White, Beef Consomme, condensed	124.0	1.0 serving 1/2 cup	0	810
04541	Oil, cupu assu	13.6	1.0 tablespoon	0	--
14161	Beverages, Kiwi Strawberry Juice Drink	473.0	16.0 fl oz	0	52
06601	PACE, Lime & Garlic Chunky Salsa	32.0	1.0 serving	0	210
28316	Bread, wheat, sprouted	38.0	1.0 slice 1 serving	0	180
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0	1
27029	PACE, Tequila Lime Salsa	32.0	1.0 serving	0	190
06312	CAMPBELL'S Red and White, Cream of Asparagus Soup, condensed	124.0	1.0 serving 1/2 cup	0	830
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0	--
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0	--
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	0	--
06997	Gravy, CAMPBELL'S, beef	59.0	0.25 cup	0	270
04590	Fish oil, herring	13.6	1.0 tbsp	0	--
04534	Oil, babassu	13.6	1.0 tbsp	0	--
09511	Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	240.0	8.0 fl oz	0	10
14074	Beverages, ZEVIA, cola, caffeine free	355.0	1.0 can	0	21
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0	--
08370	Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS	21.0	1.0 bowl (3/4 cup) (1 NLEA serving)	0	50
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	240.0	8.0 fl oz	0	24
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	0	76
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0	--
11950	Mushrooms, enoki, raw	5.0	1.0 large	0	0
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0	--
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0	--
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	0	--
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	0	--
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	0	--
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	28.0	0.75 cup (1 NLEA serving)	0	155

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0	--
14434	Beverages, The COCA-COLA company, DASANI, water, bottled, non-carbonated	29.6	1.0 fl oz	0	--
03024	Babyfood, water, bottled, GERBER, without added fluoride.	113.0	1.0 serving	0	--
19315	Candies, MARS SNACKFOOD US, STARBURST Sour Fruit Chews	59.0	1.0 serving 2.07 oz pack	0	53
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0	62
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0	--
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	0	0
06214	CAMPBELL'S, 25% Less Sodium Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	0	650
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	591.0	20.0 fl oz	0	--
16261	SILK French Vanilla Creamer	15.0	1.0 tbsp	0	10
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0	0
06329	Gravy, FRANCO-AMERICAN, beef, slow roast	59.0	0.25 cup	0	310
19868	Sweeteners, tabletop, sucralose, SLENDA packets	1.0	1.0 serving 1 packet	0	--
04520	Fat, mutton tallow	12.8	1.0 tbsp	0	--
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0	--
06588	CAMPBELL'S Soup on the Go, Classic Tomato Soup	305.0	1.0 container	0	640
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	0	10
06350	CAMPBELL'S Red and White, DOUBLE NOODLE in Chicken Broth Soup, condensed	126.0	1.0 serving 1/ 2 cup	0	480
04038	Oil, wheat germ	4.5	1.0 tsp	0	--
19387	Frozen novelties, ice type, pineapple-coconut	99.0	0.5 cup (4 fl oz)	0	35
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	0	--
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0	4
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0	--
02075	Seasoning mix, dry, taco, original	5.7	2.0 tsp	0	411
06324	Gravy, CAMPBELL'S, beef, microwavable	59.0	0.25 cup	0	280
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0	--
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	0	--
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0	10
04516	Oil, teaseed	13.6	1.0 tablespoon	0	--
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	0	130
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0	--
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	0	101
06342	CAMPBELL'S Red and White, Cream of Shrimp Soup, condensed	124.0	1.0 serving 1/ 2 cup	0	861
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0	--

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0	1
04609	Animal fat, bacon grease	4.3	1.0 tsp	0	6
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0	--
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	0	790
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	0	--
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	12.8	1.0 tbsp	0	--
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	0	2
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0	0
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0	107
06146	CAMPBELL'S Red and White, Beef with Vegetables and Barley Soup, condensed	126.0	1.0 serving 1/2 cup	0	890
04001	Fat, beef tallow	12.8	1.0 tbsp	0	--
06318	Gravy, CAMPBELL'S, country style cream	59.0	0.25 cup	0	190
04581	Oil, avocado	14.0	1.0 tbsp	0	--
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	36.0	1.0 brownie 1 serving	0	104
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0	--
04594	Fish oil, sardine	13.6	1.0 tbsp	0	--
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0	242
06462	CAMPBELL'S CHUNKY Soups, Steak 'N' Potato Soup	245.0	1.0 cup	0	921
19369	Candies, MARS SNACKFOOD US, SKITTLES Sours Original	51.0	1.0 serving 1.80 oz bag	0	7
28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	0	140
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0	107
04542	Fat, chicken	12.8	1.0 tbsp	0	--
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	0	230
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	15.0	1.0 serving	0	50
06604	PACE, Red Taco Sauce	16.0	1.0 tbsp	0	130
28317	Bread, wheat, sprouted, toasted	38.0	1.0 slice 1 serving	0	196
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0	--
06365	CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	0	480
06497	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Noodle Soup	245.0	1.0 cup	0	870
04574	Fat, duck	12.8	1.0 tbsp	0	--
06057	CAMPBELL'S Red and White, Chicken Broth, condensed	124.0	1.0 serving 1/2 cup	0	770
22951	SWANSON, Chicken A La King	298.0	1.0 can (1 serving)	0	1371
06221	PREGO Pasta, Chunky Garden Mushroom Supreme Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	0	460
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0	0
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0	120
14247	Beverages, tea, black, ready to drink	473.0	16.0 fl oz	0	9

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0	--
04591	Fish oil, menhaden	13.6	1.0 tbsp	0	--
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	0	103
06091	CAMPBELL'S Red and White, Beef Broth, condensed	124.0	1.0 serving 1/2 cup	0	861
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	0	120
04536	Oil, sheanut	13.6	1.0 tablespoon	0	--
28311	Cookies, sugar wafer, chocolate-covered	29.0	3.0 cookie	0	40
43026	Syrups, sugar free	240.0	1.0 cup	0	504
06597	PACE, Chipotle Chunky Salsa	32.0	1.0 serving	0	230
27027	PACE, Pico De Gallo	32.0	1.0 serving	0	150
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0	--
42289	Oil, corn and canola	14.0	1.0 tbsp	0	--
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	0	--
14544	Beverages, tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	0	--
28330	Cookies, marshmallow, with rice cereal and chocolate chips	22.0	1.0 bar	0	75
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0	--
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	0	--
06332	Gravy, CAMPBELL'S, turkey, microwavable	60.0	0.25 cup	0	270
04588	Oil, oat	13.6	1.0 tbsp	0	--
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	0	--
19363	Candies, MARS SNACKFOOD US, SKITTLES Wild Berry Bite Size Candies	62.0	1.0 serving 2.1 oz bag	0	9
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	0	--
06355	CAMPBELL'S Red and White, Golden Mushroom Soup, condensed	124.0	1.0 serving 1/2 cup	0	650
02051	Vanilla extract, imitation, alcohol	4.2	1.0 tsp	0	0
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	0	--
28327	Crackers, water biscuits	14.0	4.0 cracker 1 serving	0	80
19163	Chewing gum	3.0	1.0 stick	0	0
16262	SILK Hazelnut Creamer	15.0	1.0 tbsp	0	10
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	0	0
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0	15
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	0	--
08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	53.0	1.0 cup (1 NLEA serving)	0	190
04528	Oil, walnut	13.6	1.0 tbsp	0	--
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0	--
19313	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Tropical fruits	40.0	1.0 serving fun size (8 chews)	0	1

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0	16
06351	CAMPBELL'S Red and White, Old Fashioned Tomato Rice Soup, condensed	126.0	1.0 serving 1/2 cup	0	770
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0	--
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0	408
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	0	--
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	0	24
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0	--
02076	Seasoning mix, dry, chili, original	9.0	1.33 tbsp	0	415
06325	Gravy, CAMPBELL'S, chicken, microwavable	60.0	0.25 cup	0	260
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0	30
04517	Oil, grapeseed	13.6	1.0 tablespoon	0	--
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0	--
19309	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Fruit and Creme	40.0	1.0 serving fun size (8 chews)	0	1
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0	50
27013	CAMPBELL'S Red and White, Chicken Barley with Mushrooms Soup, condensed	126.0	0.5 cup	0	719
14211	Beverages, tea, black, ready-to-drink, lemon, diet	265.0	1.0 cup	0	45
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0	--
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	0	185
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	0	180
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0	--
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	0	--
11941	Pickles, cucumber, sour	155.0	1.0 cup	0	1872
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0	0
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0	1
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	0	110
04002	Lard	12.8	1.0 tbsp	0	--
06319	Gravy, CAMPBELL'S, country style sausage	59.0	0.25 cup	0	270
04582	Oil, canola	14.0	1.0 tbsp	0	--
04514	Oil, poppyseed	13.6	1.0 tablespoon	0	--
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	0	160
19171	Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa	5.0	1.0 tbsp	0	--
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0	--
06340	CAMPBELL'S Red and White, Cream of Onion Soup, condensed	124.0	1.0 serving 1/2 cup	0	800
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	12.8	1.0 tbsp	0	--
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	0	3

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0	1
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	0	9
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0	--
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	0	580
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	0	--
14276	Beverages, Tropical Punch, ready-to-drink	210.0	1.0 NLEA Serving	0	27
06609	SWANSON BROTH, Certified Organic Vegetable Broth	235.0	1.0 cup	0	550
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0	25
19030	Syrup, fruit flavored	20.0	1.0 serving	0	--
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0	0
04575	Fat, turkey	12.8	1.0 tbsp	0	--
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0	0
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	0	--
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	0	250
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0	20
06337	CAMPBELL'S, Cream of Chicken with Herbs Soup, condensed	124.0	0.5 cup condensed	0	800
04592	Fish oil, menhaden, fully hydrogenated	12.5	1.0 tbsp	0	--
06598	PACE, Cilantro Chunky Salsa	32.0	1.0 serving	0	270
27028	PACE, Salsa Verde	32.0	1.0 serving	0	230
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0	2
06311	CAMPBELL'S Red and White, Chicken Won Ton Soup, condensed	126.0	1.0 serving 1/2 cup	0	869
19112	Candies, TWIZZLERS Strawberry Twists Candy	45.0	4.0 pieces 1.6oz	0	129
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0	--
06054	CAMPBELL'S Red and White, Chicken Alphabet Soup, condensed	126.0	0.5 cup	0	480
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0	--
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	55.0	1.0 serving 1.75 fl oz pop	0	6
04589	Fish oil, cod liver	4.5	1.0 tsp	0	--
14260	Beverages, tea, green, brewed, decaffeinated	240.0	240.0 ml	0	--
04532	Oil, hazelnut	13.6	1.0 tablespoon	0	--
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	0	410
14073	Beverages, ZEVIA, cola	355.0	1.0 can	0	21
04055	Oil, palm	13.6	1.0 tbsp	0	--
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0	408
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	0	--

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	0	6
18372	Leavening agents, baking soda	4.6	1.0 tsp	0	1259
28328	Cookies, chocolate chip sandwich, with creme filling	34.0	1.0 cookie	0	95
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0	--
14052	Alcoholic beverage, distilled, whiskey, 86 proof	27.8	1.0 fl oz	0	--
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	0	--
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0	142
04529	Oil, almond	13.6	1.0 tablespoon	0	--
14433	Beverages, water, bottled, non-carbonated, PEPSI, AQUAFINA	29.6	1.0 fl oz	0	--
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	0	121
06590	CAMPBELL'S Soup on the Go, Creamy Chicken Soup	305.0	1.0 container	0	881
14437	Beverages, water, bottled, non-carbonated, CALISTOGA	29.6	1.0 fl oz	0	--
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0	--
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	0	14
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0	--
06047	CAMPBELL'S Red and White, Chicken and Stars Soup, condensed	126.0	1.0 serving 1/2 cup	0	480
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0	26
06213	CAMPBELL'S Red and White, 25% Less Sodium Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	0	480
28325	Crackers, toast thins, low sodium	31.0	1.0 serving	0	55
16260	SILK Original Creamer	15.0	1.0 tbsp	0	10
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0	1
06326	Gravy, CAMPBELL'S, turkey	59.0	0.25 cup	0	270
06991	HEALTHY REQUEST, Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	0	410
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	0	--
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	27.0	0.75 cup (1 NLEA serving)	0	103
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0	--
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	0	--
06587	CAMPBELL'S Soup on the Go, Chicken with Mini Noodles Soup	305.0	1.0 container	0	979
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	0	170
04037	Oil, rice bran	13.6	1.0 tablespoon	0	--
06470	CAMPBELL'S Low Sodium Soups, Chicken Broth	298.0	1.0 serving 1 container	0	140
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	0	18
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	0	160
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	0	74
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0	--

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure	Sodium, Na(mg) Per Measure
14167	Beverages, POWERADE, Zero, Mixed Berry	360.0	12.0 fl oz	0	151
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0	0
06505	CAMPBELL'S Red and White - Microwaveable Bowls, Vegetable Beef Soup	245.0	1.0 cup	0	880
06003	CAMPBELL'S Red and White, Beefy Mushroom Soup, condensed	126.0	1.0 serving 1/2 cup	0	890
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	0	--
02074	Seasoning mix, dry, sazón, coriander & annatto	1.0	0.25 tsp	0	170
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	0	4
06321	Gravy, CAMPBELL'S, golden pork	59.0	0.25 cup	0	310
04583	Oil, mustard	14.0	1.0 tbsp	0	--
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0	--
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0	--
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	0	169
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0	--
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0	75
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	0	115
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	0	70
28351	Cookies, Marie biscuit	28.0	5.0 cookie	0	104
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0	--
06041	CAMPBELL'S Red and White, Chicken and Dumplings Soup, condensed	126.0	1.0 serving 1/2 cup	0	760
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	182.0	1.0 cup	0	13
06145	CAMPBELL'S Red and White, Beef Noodle Soup, condensed	126.0	1.0 serving 1/2 cup	0	820
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	0	52
04576	Fat, goose	12.8	1.0 tbsp	0	--
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0	6